

# NUTRI NINJA™

Auto-iQ™  
TECHNOLOGY

Let's Get Started!  
Assembly & Recipes

30  
RECIPES!



BL480UK

# Congratulations!

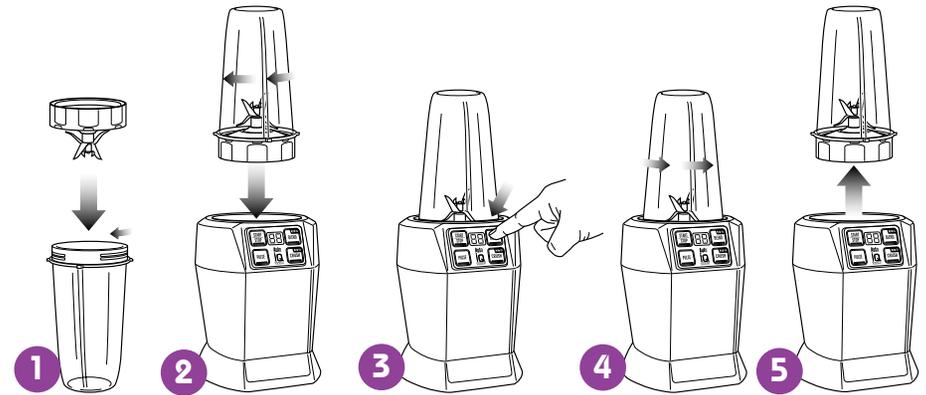
Welcome to the Ninja® Auto-iQ™ Experience! Ninja's Auto-iQ™ technology features intelligent programs that combine unique pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.

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# Nutri Ninja™ Assembly & Use



1. Add ingredients to the Nutri Ninja™ cup, place the blade onto the cup and screw it on tightly.
2. Flip the cup upside down, place the cup onto the base by aligning the tabs and twist clockwise until you hear a “click”.
3. Select a program or setting to blend. Auto-iQ™ BLEND and Auto-iQ™ ULTRA BLEND have unique blend, pulse, and pause patterns that automatically stop once the countdown timer reaches 0. Start/Stop and Pulse are manual settings.
4. When finished, wait until the motor is completely stopped then turn the cup anticlockwise.
5. Pull the cup straight up to remove it from the base. Invert the cup and remove the blade assembly. Replace it with the Sip & Seal™ to-go lid.

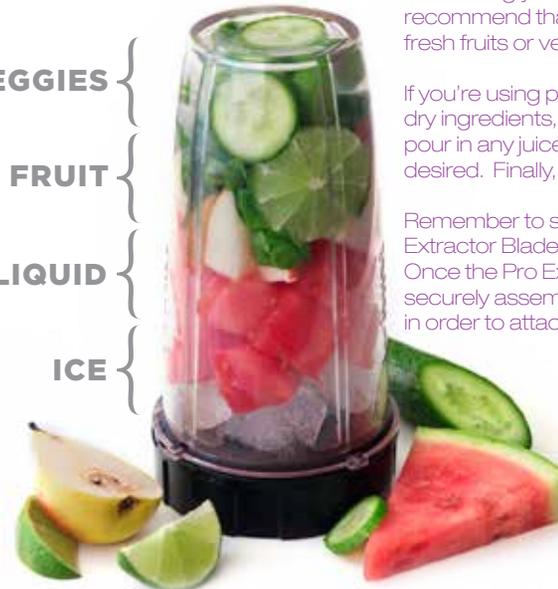
When filling your Nutri Ninja™ cups, we recommend that you start with adding your fresh fruits or vegetables first.

VEGGIES

FRUIT

LIQUID

ICE



If you're using powders, seeds, nuts, or other dry ingredients, put them in next. Afterwards, pour in any juice, water, or other liquids as desired. Finally, add frozen items or ice.

Remember to securely tighten the Pro Extractor Blades™ and do not overfill the cups. Once the Pro Extractor Blades™ have been securely assembled to the cup, flip the cup over in order to attach to the base, as shown above.



# Let's Get Healthy Wellness Plan

The nutrient-rich juice and smoothie recipes in this inspiration guide were created for the top five wellness categories, to help you start your journey toward optimal health.



## Detox/Cleanse

Our detox recipes have fresh fruits, vegetables, and herbs that will help give your body a beneficial detox boost.



## Heart Health

Your heart has a big job to do and needs foods that can help support circulation and reduce stress, to keep you as healthy as possible.



## Longevity + Beauty

Looking good! We've developed recipes that can help to strengthen your immune system and bring back your natural glow.



## Mood + Immunity

Turn that frown around with antioxidant-rich vegetables, fruits, fresh herbs, and even coconut water—electrolyte builders that keep the body hydrated and you feeling great.



## Weight Loss Wellness

Jumpstart your weight and fitness efforts by adding one of our green-based smoothies or juices to your meal plan.

Look for the matching icons throughout the guide as you select your recipes.

# USE Auto-iQ™ Programs for



fresh nutrient juices, smoothies



green smoothies, frozen drinks, frozen desserts, ice



breaking up tough ingredients or for chopping!





PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## watermelon cooler



Freeze to a slightly slushy consistency for a low-calorie refreshing cleanser.

### ingredients

- ¼ pear, seeded, cut into chunks
- 2 large fresh basil leaves with stems removed
- 260g chilled watermelon, seeded, cut into chunks

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with pear.
2. Select “Auto-iQ™ BLEND”.



PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## purple potion



Beetroot contain many of the necessary vitamins and micro-nutrients that support the production and maintenance of our bodies' cells.

### ingredients

- 90g roasted beetroot, cut into 3cm chunks
- 300ml carrot juice
- 130g frozen blueberries

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with beetroot.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes    SERVINGS 2    CUP SIZE 650ml

## gingered acai



Acai and pomegranate, prized for having antioxidants, plus ginger, an anti-inflammatory & great for digestion, make the perfect combination beverage for your busy day!

### ingredients

- 120ml unsweetened acai berry puree, thawed
- 1 sachet stevia
- 2 teaspoons fresh ginger
- 360ml pomegranate juice
- 220g frozen strawberries

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with acai berry puree.
2. Select “Auto-iQ™ ULTRA BLEND” .



PREP TIME 5 minutes    SERVINGS 2    CUP SIZE 650ml

## lean green ninja



The best tasting green smoothie you will ever experience! The tropical fruit flavours mask the greens, plus you get a big boost of Vitamin C.

### ingredients

- 75g fresh pineapple, chunks
- 75g fresh mango, chunks
- 75g banana, peeled
- 12g baby spinach
- 10g chopped kale, stems removed
- 120ml water
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with pineapple.
2. Select “Auto-iQ™ BLEND”.



PREP TIME 8 minutes    SERVINGS 2    CUP SIZE 650ml

## ninja 9



Eight vitamin-packed vegetables + apple make a great combination of Vitamins A, B, and C, plus a good source of fibre.

### ingredients

- 60g cucumber, cut into chunks
- ½ stalk celery, cut into quarters
- ¼ granny smith apple, unpeeled, cut into chunks
- 1 small carrot, peeled, cut into quarters
- 1 tablespoon red onion
- ¼ jalapeño, seeded
- 30g beetroot, peeled
- 10g red cabbage, shredded
- ¼ teaspoon sea salt
- 75g ice
- 2 tomatoes, cut into quarters

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with English cucumber.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes    SERVINGS 2    CUP SIZE 650ml

## call me popeye



Who knew green could be so yummy!

### ingredients

- 2 dates, halved, pitted
- 1 stalk celery, cut into quarters
- 1 ripe kiwi, peeled, cut in half
- 60g spinach
- 360ml hazelnut milk
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with dates.
2. Select “Auto-iQ™ ULTRA BLEND”.

**TIP:**  
Add ½ tsp red curry paste for a super food boost.



PREP TIME 5 minutes    SERVINGS 2    CUP SIZE 650ml



## carrot tip top

This is a powerhouse of Vitamin A, great for vision and glowing skin!

### ingredients

- 125g peeled carrots, cut into chunks
- 240ml carrot juice
- 2 tablespoons flax seeds
- 100g silken tofu
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with carrots.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes    SERVINGS 1    CUP SIZE 650ml



## antioxidant refresher

You won't taste the cabbage in this refreshing antioxidant-rich smoothie!

### ingredients

- 5g red cabbage, chopped
- ½ celery stock, halved
- ½ granny smith apple, unpeeled, uncored, halved
- 65g blueberries
- 40g watermelon, 3cm chunks
- 75g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with red cabbage.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes SERVINGS 1 CUP SIZE 650ml

## ginger greens



Considered two of the ultimate “detox” foods, kale and coriander combine to cleanse your system! Avocado lends a rich, creamy consistency and a healthful dose of “good” monounsaturated fat.

### ingredients

- 40g baby kale
- 6g coriander
- ¼ ripe avocado
- 1 date, halved, pitted
- 2 small kiwis, peeled, quartered
- 5mm piece ginger, peeled
- 120ml coconut water
- 50g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with kale.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## strawberry banana



This refreshingly sweet yet healthy smoothie is juiced-up with potassium, vitamin C, and antioxidants.

### ingredients

- 1 small banana, peeled, halved
- 240ml low-fat milk
- 1 tablespoons agave
- 130g frozen strawberries

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with banana.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## ginger pear defense



Ginger provides a natural anti-inflammatory and aids in digestion. Choose ripe pears for extra sweetness.

### ingredients

- 1 ripe pear, seeded, cut into quarters
- 1 teaspoon fresh ginger
- 520ml cold water
- Sweetener, to taste

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with pear.
2. Select “Auto-iQ™ ULTRA BLEND”.
3. Pour mixture through a fine-mesh strainer to extract the flavoured water.
4. Store in refrigerator for up to 3 days.

PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## two-berry tea



A calming tea filled with berry-rich antioxidants!

### ingredients

- 130g fresh blueberries
- 2 tablespoons goji berries
- ½ ripe banana
- 360ml rooibos tea, chilled, strongly brewed
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with blueberries.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 5 minutes SERVINGS 1 CUP SIZE 650ml

## cherry lime rickey-ade



This refreshing home-made sports drink will remind you of a childhood favourite!

### ingredients

- 240ml coconut water
- 1 tablespoon lime juice
- 60g frozen cherries

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup, in the order listed, starting with coconut water.
2. Select “Auto-iQ™ BLEND”.
3. Pour mixture through a fine mesh strainer to extract the flavoured water.



PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## buckwheat pancakes



Serve with fresh fruit instead of syrup for a healthier option!

### ingredients

- 240ml buttermilk
- 1 egg
- 3 tablespoons canola oil
- 65g buckwheat flour
- 65g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 tablespoon honey

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with buttermilk.
2. Select “START” and blend for 20 seconds. Allow batter to set for 1 hour before use.
3. On a lightly oiled griddle or sauté pan over medium heat, pour pancake batter in desired size coins into the pan and cook until small bubbles form. Flip and continue cooking until center is puffed and springs back when gently pushed.



PREP TIME 5 minutes SERVINGS 2 CUP SIZE 650ml

## top o' the mornin'



Start your day with a simple and fresh delight!

### ingredients

- 1 banana, peeled
- 1 orange, peeled, cut in half
- 240ml vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop whey protein powder
- 75g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with banana.
2. Select "Auto-iQ™ BLEND".



PREP TIME 6 minutes SERVINGS 2 CUP SIZE 650ml

## bright side mocha shake



Turn your morning java into a filling breakfast shake. The banana gives you a boost of extra potassium.

### ingredients

- ¾ medium banana
- 3 tablespoons brewed coffee, chilled
- 180ml almond butter
- 1½ teaspoons unsweetened cocoa powder
- ¾ teaspoon agave nectar
- ¾ cup almond milk
- 225g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with banana.
2. Select "Auto-iQ™ ULTRA BLEND".



**tip:**  
Add ¼ cup aloe vera juice for a super food boost.

PREP TIME 6 minutes    SERVINGS 2    CUP SIZE 650ml

## orange sunshine splash

Add some tofu protein and antioxidant “goji power” to your morning OJ for a silky smoothie!

### ingredients

- 125g silken tofu
- 4 tbsp goji berries
- 1 orange, peeled, cut in half
- 60ml orange juice
- 2 tablespoons honey
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with silken tofu.
2. Select “Auto-iQ™ ULTRA BLEND”.



PREP TIME 6 minutes    SERVINGS 4    CUP SIZE 650ml

## tomato basil scrambler

This simple and delicious breakfast is quick enough for any day of the week!

### ingredients

- 8 whole eggs
- 75g vine-ripe tomatoes, seeded
- 75g mozzarella
- 25g fresh basil, loosely packed
- pinch of salt
- pinch of black pepper
- cooking spray

### directions

1. Place the eggs, tomato, mozzarella, basil, salt and black pepper into the Regular 650ml Nutri Ninja™ Cup. Hold down “PULSE” 2-3 times, until all ingredients are roughly chopped.
2. In a non-stick sauté pan sprayed with cooking spray, add the egg mixture, then cook, over medium-high heat, stirring frequently until fluffy and cooked through.

**tip:**

Add 1 tbsp Spanish bee pollen for a super food boost.

PREP TIME 7 minutes SERVINGS 2 CUP SIZE 650ml

## trail mix in a glass



Great for those with an active lifestyle, all the flavours of a trail mix whipped up in a nourishing breakfast.

### ingredients

- 20g raw unsalted almonds
- 20g raw unsalted pumpkin seeds
- 1 tablespoon raw sesame seeds
- 4 tbsp goji berries
- 60ml pomegranate juice
- 300ml unsweetened almond milk
- 3 tablespoons honey
- 150g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with almonds.
2. Select "Auto-iQ™ ULTRA BLEND".



PREP TIME 6 minutes SERVINGS 4 CUP SIZE 650ml

## tabbouleh dip



This dip contains parsley, known to have 3x the Vitamin C of an orange. Plus, it's gluten-free!

### ingredients

- 40g cucumber, quartered
- ¼ small yellow onion, peeled, quartered
- 10g fresh mint with stems removed
- 25g flat leaf parsley
- 2 vine ripe tomatoes, quartered
- ½ teaspoon ground black pepper
- ½ teaspoon sea salt
- 1 tablespoon extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ cup, starting with English cucumber.
2. Hold down "PULSE" 5-10 times until desired consistency is achieved.



PREP TIME 6 minutes SERVINGS 4 CUP SIZE 650ml

## classic houmous



Adding roasted red peppers, olives, or roasted garlic will give this recipe your own personal twist. Enjoy with homemade pitta chips or fresh vegetable crudité's for an entertaining favourite!

### ingredients

- 1 can cooked, drained chick peas (liquid reserved)
- 90ml chick pea liquid
- 60ml lemon juice
- 60ml olive oil
- 1 garlic clove, peeled
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1 teaspoon sea salt

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with chickpeas.
2. Select "START" and blend for 30 seconds or until desired consistency is achieved.



PREP TIME 6 minutes SERVINGS 4 CUP SIZE 650ml

## french onion tofu dip



A healthier option without all the added fat, and so delicious!

### ingredients

- 1 tablespoon vegetable oil
- 1 medium yellow onion, chopped
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons malt vinegar
- 70g firm tofu
- 110g low-fat cream cheese, softened
- 80ml low-fat sour cream

### directions

1. In a 25cm sauté pan, over medium heat, add the oil, onion, salt and black pepper. Sauté the onions 6-8 minutes or until caramelized, stirring occasionally. Add the malt vinegar, cook for 1 minute.
2. Remove from the heat and let cool for 10 minutes.
3. Place the cooked onion mixture, tofu, cream cheese and sour cream into the Regular 650ml Nutri Ninja™ Cup.
4. Select "START" and blend for 15 seconds or until desired consistency is achieved.



PREP TIME 6 minutes SERVINGS 4 CUP SIZE 650ml

## avocado caesar dressing



Avocado adds natural creaminess and even helps regulate your cholesterol levels for a heart-healthy dressing!

### ingredients

- 1 ripe avocado, pitted, cut in half
- 3 garlic cloves, peeled
- 40g parmesan cheese, cut into 1" pieces
- 30g oil cured anchovy fillets
- ½ teaspoon ground black pepper
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons apple cider vinegar
- 240ml cold water

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with avocado.
2. Select "START" and blend for 30 seconds or until desired consistency is achieved.



PREP TIME 6 minutes SERVINGS 4 CUP SIZE 650ml

## celeriac and kale soup



Celeriac and kale are great for detoxification and cell protection!

### ingredients

- 2 teaspoons extra virgin olive oil
- 1 garlic clove, peeled, chopped
- ½ small yellow onion, chopped
- 70g celeriac, peeled, cut into 3cm chunks
- 90g kale, chopped
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper
- 960ml unsalted vegetable stock

### directions

1. Pre-heat a 5-quart saucepan on medium-low heat.
2. Add the oil, garlic, and onions and gently stir and sauté for about 3 to 6 minutes, or until translucent.
3. Add the remaining ingredients, starting with celeriac. Bring to a boil, reduce the heat to medium low and cook for 20 – 25 more minutes or until the celeriac is fork-tender.
4. Remove from the heat and cool to room temperature.
5. Working in two batches, place half of the soup in the Regular 650ml Nutri Ninja™ Cup. Select "START" and blend for 25 seconds or until desired consistency is achieved.
6. Return to pot and simmer until heated.



PREP TIME 35 minutes    SERVINGS 2    CUP SIZE 650ml

## roasted tomato soup



Inspired by classic Italian flavours, this delicious soup will soon become a favourite!

### ingredients

- 3 tablespoons extra virgin olive oil
- 1/2 medium yellow onion, peeled, cut in to quarters
- 2 cloves garlic, peeled
- 1 can whole peeled tomatoes with liquid
- 240ml water
- 1 tablespoon fresh basil leaves, chopped
- 1/4 teaspoon red pepper flakes
- Salt and pepper to taste

### directions

1. Heat oil in a saucepan over medium heat and sauté the onions and garlic until soft. Add tomatoes and water and simmer for 20 minutes. Remove from stove and let cool.
2. Transfer all cooked ingredients into the Regular 650ml Nutri Ninja™ Cup.
3. Select “START” and blend for 25 seconds or until desired consistency is achieved.
4. Transfer soup back into saucepan and add the basil and crushed red pepper. Season to taste. Warm over medium-low heat for about 5 minutes until barely simmering.



PREP TIME 5 minutes    SERVINGS 4    CUP SIZE 650ml

## tandoori marinade



A flavourful marinade with immunity and anti-inflammatory benefits from this herb combination!

### ingredients

- 60g dried chili peppers
- 1 teaspoon fresh ginger
- 2 garlic cloves, peeled
- 15g fresh coriander with stems removed
- 2 tablespoons garam masala powder
- 1/8 teaspoon ground nutmeg
- 1 tablespoon fresh squeezed lemon juice
- 240ml low-fat Greek yogurt
- 120ml cold water

### directions

1. Place the dried chili peppers into a small saucepan and pour just enough water to cover the peppers. Bring to a boil, reduce to a simmer and cook for 10 minutes. Strain peppers and then let cool.
2. Remove the top and seeds from the peppers.
3. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with the re-hydrated chili peppers. Select “START” and blend for 25 seconds or until desired consistency is achieved.



PREP TIME 2 hours SERVINGS 2 CUP SIZE 650ml

## chicken pitta sandwich

An easy, high-protein dinner in less than 30 minutes with scrumptious, ethnic flavours.

### ingredients

- 2 tablespoons tandoori marinade (see recipe page 31)
- 250g raw chicken breast, cut into cubes
- 2 whole wheat pitta bread rounds
- 2 vine ripe tomatoes
- 8 round lettuce leaves

### directions

1. Marinate the chicken breast pieces for 2 hours with the tandoori marinade.
2. Place the marinated chicken breast pieces into the regular 650ml Nutri Ninja™ Cup.
3. Press “PULSE” 5-7 times.
4. Lightly coat a nonstick skillet with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes
5. To assemble the sandwich, cut pitta bread rounds in half, open the pocket. Place the lettuce, tomato, and evenly divide the cooked ground chicken into the pockets.



PREP TIME 6 minutes SERVINGS 2 CUP SIZE 650ml

## tropical fresh fruit ice pops

Mango and pineapple make this a really tropical treat.

### ingredients

- 150g fresh mango
- 300g fresh pineapple
- 2 tablespoons agave

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with mango.
2. Select “Auto-iQ™ BLEND”.
3. Pour into 4-6 ice pop molds and freeze overnight or until solid.



PREP TIME 6 minutes    SERVINGS 4    CUP SIZE 650ml

## chocolate banana mousse



Avocado and banana makes a super smooth mousse in this quick and easy recipe. The orange provides a tangy flavour.

### ingredients

- 2 bananas, ripe, peeled, quartered
- 2 avocados, ripe, peeled, pitted, quartered
- 60ml chocolate sauce
- juice of half an orange
- 2 tablespoons cocoa powder

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with banana.
2. Select “START” and blend for 30 seconds or until desired consistency is achieved.
3. Place mousse into an airtight container and refrigerate until chilled.



PREP TIME 6 minutes    SERVINGS 2    CUP SIZE 650ml

## vanilla nut frozen treat



Prepare your own frozen dessert guilt-free! Add some fresh berries!

### ingredients

- 160ml vanilla oat milk
- 45g walnut halves
- ¼ teaspoon pure vanilla extract
- 1 sachet stevia
- 200ml low-fat vanilla Greek yogurt
- 375g ice

### directions

1. Place all of the ingredients into the Regular 650ml Nutri Ninja™ Cup in the order listed, starting with vanilla oat milk.
2. Select “START” and blend for 20 seconds or until desired consistency is achieved.



**NINJA<sup>®</sup>**

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