

# NUTRI NINJA®

Let's Get Started!  
Assembly & Recipes

30  
RECIPES!



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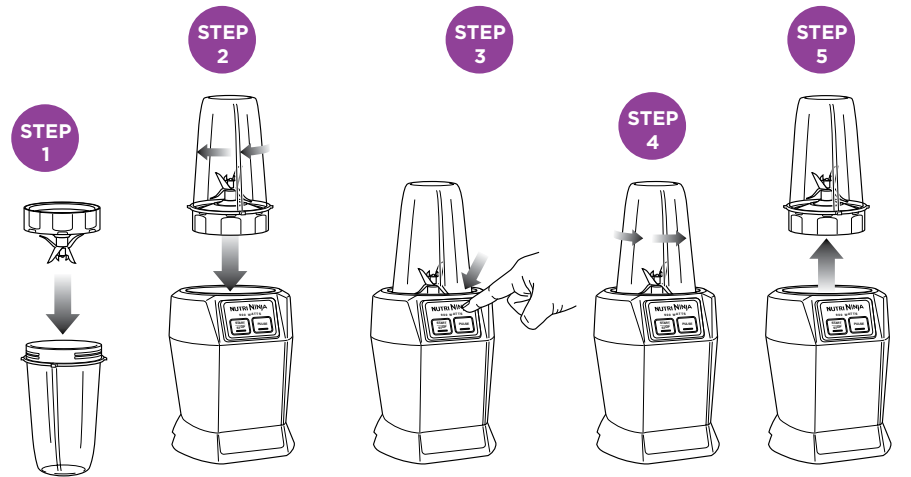
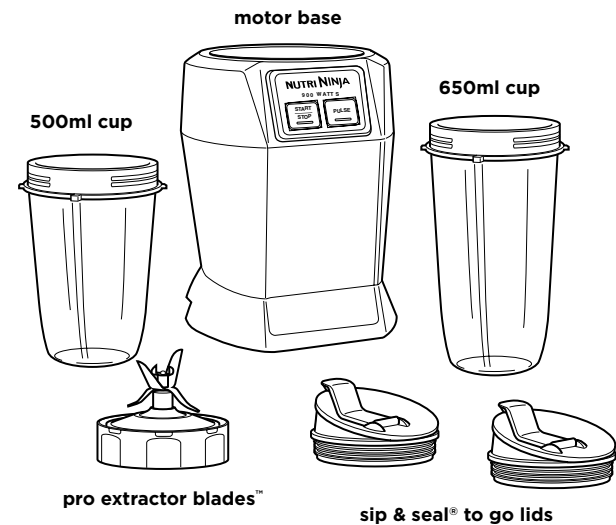
# Congratulations!

Prepare nutrient-rich juices, sauces, soups, and wholesome meals with the Nutri Ninja® Pro Blender! Engineered with a powerful motor and blade system, this innovative Nutrient and Vitamin Extractor produces smooth, uniform textures, nutrient-dense beverages, and velvety soups, sauces, and dressings - all to support your healthy, Ninja® - Inspired lifestyle!

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# Nutri Ninja® Pro Blender Assembly



1. Add ingredients to the cup, then twist on the pro extractor blades™ until you have a tight seal.
2. Place the cup onto the motor base, aligning the tabs on both the cup and base, then turn clockwise.
3. Press down on the cup and hold to blend until you reach your desired consistency.
4. When finished, wait until the motor stops completely then turn the cup anticlockwise.
5. Pull the cup straight up to remove from the base. Invert the cup and remove the pro extractor blades™ and replace with sip & seal® to go lid.

# Loading Instructions

When blending these common ingredients, order is everything. Use this visual guide to ensure your recipes turn out smooth and delicious every time.

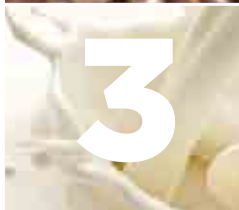


**Top off with ice or frozen ingredients.**



**Next add any dry or sticky ingredients.**

Like seeds, powders, and nut butters.



**Pour in liquid or yogurt next.**

For thinner results or a more juice-like drink, add liquid as desired.



**Next add leafy greens and herbs.**



**Start by adding fresh fruits and vegetables.**

FOR BEST RESULTS:

- Cut ingredients into 2.5cm chunks.
- Do not fill the cup past the MAX fill line.
- If you feel resistance on the blade assembly when fastening it to the cup, remove some ingredients.
- If blending soups or sauces, always ensure ingredients are cooled to room temperature before blending. Ninja cups are NOT intended for hot blending.
- Do not place frozen ingredients first in the Nutri Ninja®.

# Tips & Tricks using your Nutri Ninja®

When blending these common ingredients, follow the tips below for optimal results.

Ingredient	Examples	Tip
Hard or fibrous fruits and vegetables	Apples, carrots, celery, beets, other whole vegetables	Place whole fruits and vegetables into the cup first. For extra fine results, start with short Pulses and then run continuously for 45 seconds.
Leafy greens and herbs	Kale, spinach, parsley	Place leafy greens into the cup after fruits and vegetables. For extra fine results, start with short Pulses and then run continuously for 45 seconds.
Ice or frozen ingredients	Ice cubes, frozen fruit	Place frozen ingredients after fresh produce has been added to the cup. Use Pulses to help break up ice and frozen ingredients.
Liquid or yoghurt	Water, milk, juice, yoghurt	Pour liquid in after produce and frozen items. For best results, use at least 120ml of liquid. Add more liquid as needed if ingredients get stuck or do not blend.
Dry or sticky ingredients	Protein powders, supplement powders, oats, seeds, nut butters, honey, syrups	To prevent sticking, add dry or sticky ingredients last to the cup. Use Pulses to help incorporate ingredients.





PREP TIME 5 minutes

## top o' the mornin' smoothie

Start your day with a simple and fresh delight!

### ingredients

- 1 banana, peeled
- 1 orange, peeled, cut in half
- 250ml vanilla almond milk
- 1g (½ tsp) ground cinnamon
- 1 scoop whey protein powder
- 125g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



PREP TIME 5 minutes COOK TIME 5 minutes SERVINGS 4

## buckwheat pancakes

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

### ingredients

- |                    |                     |
|--------------------|---------------------|
| 175ml skimmed milk | 85g buckwheat flour |
| 45ml rapeseed oil  | 85g plain flour     |
| 1 egg              | 3g baking powder    |
| 5g sugar           | 40g honey           |
| 1g (½ tsp) salt    |                     |

### directions

1. Place the skimmed milk with all the ingredients in the order listed above into the Nutri Ninja® 500ml cup and blend for 20 seconds.
2. Remove cup from the base and remove the blade from the cup. Cover the cup with plastic wrap and let sit for 1 hour.
3. On a lightly oiled griddle or frying pan over medium heat, pour the pancake batter in the desired size into the pan and cook until small bubbles form. Flip and continue cooking until centre is puffed and springs back when gently pushed.

**tip:**

Add 60ml aloe vera juice for a superfood boost.

PREP TIME 6 minutes

## orange sunshine splash

Add some tofu and antioxidant goji power to your morning juice for a silky smoothie!

### ingredients

150g silken tofu  
 30g goji berries  
 1 orange, peeled, cut in half  
 60ml fresh squeezed orange juice  
 40g honey  
 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



PREP TIME 7 minutes

## coffee soymoothie

This creamy coffee drink has both almond butter and silken tofu to get you started in the morning!

### ingredients

250ml strongly brewed decaf coffee, chilled  
 150g silken tofu  
 15g almond butter  
 1g (¼ tsp) cardamom powder  
 30g agave nectar or pouring honey  
 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



**tip:**  
Add 15g (1 tbsp)  
Spanish bee pollen  
for a superfood  
boost.

PREP TIME 7 minutes

## 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

- 30g goji berries
- 60ml pomegranate juice
- 375ml unsweetened almond milk
- 60g honey
- 35g raw unsalted almonds
- 40g raw unsalted pumpkin seeds
- 10g raw sesame seeds
- 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds.



PREP TIME 5 minutes

## bright side mocha shake

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

### ingredients

- ¾ large banana
- 175ml almond milk
- 45ml brewed coffee, chilled
- 10g creamy almond butter
- 3g unsweetened cocoa powder
- 5g agave nectar or pouring honey
- 375g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



**tip:**  
Add 0.5g (1/4 tsp)  
Tulasi Tulsi for  
a superfood  
boost.

PREP TIME 6 minutes

## watermelon cooler

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

### ingredients

- 1/4 pear, seeded, cut into chunks
- 280g chilled watermelon, deseeded, cut into chunks
- 2 large fresh basil leaves with stems removed

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



**tip:**  
Add 8g (2 tsp) acai  
powder for a  
superfood boost.

PREP TIME 4 minutes

## purple potion

Beetroot contains many of the necessary vitamins and micronutrients that support the production and maintenance of our bodies' cells.

### ingredients

- 115g beetroot, peeled, cut into chunks
- 300ml carrot juice
- 130g frozen blueberries

### directions

1. Place the beetroot with 500ml of water into a small saucepan over medium heat and cook until tender. Drain, cool completely and set aside.
2. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



PREP TIME 5 minutes

## gingered acai

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

### ingredients

- 10g fresh ginger
- 375ml pomegranate juice
- 1g stevia
- 125g unsweetened acai berry purée, thawed
- 250g frozen strawberries

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds.

**tip:**  
Add 8g (2 tsp) spirulina powder for a superfood boost.



PREP TIME 6 minutes

## 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

- 110g fresh pineapple, cut into chunks
- 110g fresh mango, cut into chunks
- ½ ripe banana
- 5g baby spinach
- 5g chopped kale, stems removed
- 125ml water
- 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.





PREP TIME 5 minutes

## autumn balancer

Beat the blues with this delicious, filling smoothie containing Vitamins B6, C, D and magnesium!

### ingredients

145g steamed sweet potato, cooled  
 250ml almond milk  
 30ml maple syrup  
 3g flax seeds  
 1g (¼ tsp) ground turmeric  
 375g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds.



PREP TIME 7 minutes

## strawberry sin-sation

With an amazing combination of fruits brimming with antioxidants and digestive herbs, this delicious, nutrient-rich juice is super refreshing.

### ingredients

200g fresh quartered strawberries, stems removed  
 3g fresh ginger  
 1g (1 tbsp) fresh mint with stems removed  
 175ml pomegranate juice  
 125ml coconut water  
 10g unsalted sunflower seeds  
 125g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds



PREP TIME 8 minutes

## ninja 9

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

### ingredients

- ¼ granny smith apple, unpeeled
- 1 small carrot, peeled, cut into quarters
- 8g red onion
- ¼ green chili, seeded
- 55g beetroot, peeled
- 10g red cabbage, shredded
- 170g tomato, cut into quarters
- 90g cucumber, cut into chunks
- ½ stalk celery, cut into quarters cut into chunks
- 1g (¼ tsp) salt
- 125g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds.



PREP TIME 5 minutes

## ginger pear defence

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

### ingredients

- 1 ripe pear, seeded, cut into quarters
- 5g fresh ginger
- 560ml cold water
- Sweetener, to taste

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 20 seconds.
2. Pour mixture through a fine-mesh strainer to extract the flavoured water
3. Can be stored in the refrigerator for up to 3 days.

**tip:**  
Add 2g (½ tsp)  
red curry paste for  
a superfood  
boost.



PREP TIME 5 minutes

## carrot tip top

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

### ingredients

- 165g peeled carrots, cut into chunks
- 250ml carrot juice
- 20g ground flax seeds
- 100g silken tofu
- 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 45 seconds.



PREP TIME 5 minutes

## call me Popeye

Who knew green could be so yummy!

### ingredients

- 2 dates, cut in half
- 1 stalk celery, cut into quarters
- 1 ripe kiwi, peeled, cut in half
- 40g kale
- 375ml hazelnut milk
- 250g ice

### directions

1. Soak the dates in 250ml warm water for 30 minutes, then drain and set aside.
2. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 25 seconds.

**tip:**  
Add 30ml (2 tbsp)  
tart cherry  
concentrate for  
a superfood  
boost.



**PREP TIME** 5 minutes

## two-berry tea

A calming tea filled with berry-rich antioxidants!

### ingredients

- 175g fresh blueberries
- 20g goji berries
- ½ ripe banana
- 375ml rooibos tea, chilled, strongly brewed
- 250g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.



**PREP TIME** 5 minutes

## coconut mango energyade

Create your own natural sports drink for active adults and children. High in potassium and perfect for hydration!

### ingredients

- 160g fresh chopped ripe mango
- 10g fresh mint
- 550ml coconut water
- Sweetener, to taste

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 20 seconds.
2. Can be stored in the refrigerator for up to 3 days.



**PREP TIME** 10 minutes **SERVINGS** 500g

## tabouli dip

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

### ingredients

- 135g cucumber, quartered
- ¼ small onion, peeled, quartered
- 2 ripe vine tomatoes, quartered
- 5g fresh mint with stems removed
- 20g flat leaf parsley
- 15ml extra virgin olive oil
- 45ml freshly squeezed lemon juice
- 1g (½ tsp) salt
- 1g (½ tsp) ground black pepper

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 500ml cup and blend for 15 seconds.



**PREP TIME** 25 minutes **COOK TIME** 9 minutes **SERVINGS** 350g

## french onion tofu dip

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

### ingredients

- 15ml vegetable oil
- 1 medium onion, chopped
- 1g (½ tsp) salt
- 1g (¼ tsp) ground black pepper
- 45ml malt vinegar
- 100g firm tofu
- 115g non-fat soft cheese, softened
- 80g non-fat sour cream

### directions

1. In a small frying pan at medium heat add the oil, onion, salt and black pepper. Fry ingredients 6-8 minutes or until caramelised, 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 Nutri Ninja® 500ml cup and blend for 15 seconds or until completely blended.

**tip:**

Serve dressing with a romaine salad; for a full meal, add grilled chicken breast or salmon!



**PREP TIME** 10 minutes **SERVINGS** 475g

## 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
- 30ml freshly squeezed lemon juice
- 30ml apple cider vinegar
- 250ml cold water
- 30g oil cured anchovy fillets
- 1g (½ tsp) ground black pepper
- 40g parmesan cheese, cut into 2.5 cm pieces

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 500ml cup and blend for 30 seconds.

**tip:**

Serve with fresh Rocket for an extra Vitamin B punch!



**PREP TIME** 10 minutes **SERVINGS** 400g

## passion fruit mustard dressing

Perfect for salads or marinade for chicken, passionately filled with Vitamins A and C!

### ingredients

- 30g Dijon mustard
- 60ml rice wine vinegar
- 45ml extra virgin olive oil
- 180g non-fat sour cream
- 1g (2 tbsp) fresh thyme, stems removed
- 60g honey
- 1g (½ tsp) salt
- 125g frozen passion fruit pulp, thawed

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 500ml cup and blend for 25 seconds.

**tip:**

Add 1g (¼ tsp) chili powder for a superfood boost.

**PREP TIME** 4 minutes

## waldorf salad

A tried and true favourite salad turned into an easy and healthy on-the-go meal!

### ingredients

20g chopped romaine lettuce  
300ml cups water  
30g raw walnut halves  
200g frozen red grapes

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 35 seconds.



**PREP TIME** 15 minutes **COOK TIME** 30 minutes **SERVINGS** 4

## kale and celery root soup

Celery root and kale are great for detoxification and cell protection!

### ingredients

10ml extra virgin olive oil	85g kale, chopped
1 garlic clove, peeled, chopped	1g (1 tsp) salt
½ small onion, chopped	1g (¼ tsp) ground black pepper
70g celery root peeled, cut into 2.5 cm pieces	950ml unsalted vegetable stock

### directions

1. Pre-heat a 4.7L saucepot on medium-low heat.
2. Add the oil, garlic, and onions and gently stir for about 3-6 minutes, or until translucent.
3. Add the remaining ingredients, bring to a boil, reduce the heat to medium low and cook for 20-25 more minutes or until the celery root is fork-tender.
4. Remove from the heat and cool to room temperature.
5. In the Nutri Ninja® 650ml cup, blend the soup mixture in two batches for 25-30 seconds.
6. Return to the pot and simmer until heated.



**PREP TIME** 10 minutes **COOK TIME** 25 minutes **SERVINGS** 420g

## fresh n' healthy ketchup relish

A savoury topper made from fresh veggies!

### ingredients

- |  |                                     |
|--|-------------------------------------|
| ¾ small onion, peeled,<br>quartered, divided | 1g (½ tsp) molasses                 |
| ½ red bell pepper, seeded, quartered         | 1g (¼ tsp) ground black pepper      |
| 1 garlic clove, peeled                       | 120g baby dill pickles, cut in half |
| 3 vine ripe tomatoes, quartered,<br>seeded   | 15g Dijon mustard                   |
| 45ml apple cider vinegar                     |                                     |

### directions

1. Place the ½ small yellow onion, red bell pepper, garlic, vine ripe tomatoes, apple cider vinegar, molasses, ground black pepper into the 650ml cup and blend for 25 seconds.
2. Pour the tomato mixture into a 1.9L saucepot and cook at medium heat for 25 minutes, stirring occasionally.
3. Remove from the heat, pour into an airtight container, and refrigerate for 1 hour.
4. In the Nutri Ninja® 650ml cup, place the ¼ small yellow onion, pickles, Dijon mustard, and the cooled tomato mixture and pulse 6 times.



**PREP TIME** 10 minutes **COOK TIME** 10 minutes **SERVINGS** 60-120g servings

## fresh and easy burgers

Prepare fresh burgers with steak – perfect for portion control!

### ingredients

- 225g flank steak, trimmed of fat, cut into 5cm pieces
- Salt and fresh ground black pepper to taste
- 2 hamburger buns, sliced
- Burger ketchup relish (see recipe page 31)
- Toppings of choice

### directions

1. Place the meat in the Nutri Ninja® 650ml cup and blend for 15 seconds.
2. Season the ground meat with salt and pepper and form into two patties.
3. Lightly coat a non-stick pan with cooking spray. Over medium heat, cook the burger to desired doneness, about 4-5 minutes per side for medium.
4. Serve each burger on a bun with ketchup relish and toppings of choice.





**PREP TIME** 5 minutes **COOK TIME** 15 minutes **SERVINGS** 4/75g

## tandoori marinade

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

### ingredients

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1g (1 tsp) fresh ginger         | 55g dried ancho chili peppers      |
| 2 garlic cloves, peeled         | 10g fresh coriander, stems removed |
| 15ml fresh squeezed lemon juice | 1g (2 tbsp) garam masala powder    |
| 125ml cold water                | 1g (1/8 tsp) ground nutmeg         |
| 240g non-fat Greek yogurt       |                                    |

### directions

- Place the dried ancho chilli peppers into a small pan 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 cool.
- Remove the top and seeds from the peppers.
- Place all the ingredients in the order listed above into the Nutri Ninja® 500ml cup and blend for 25 seconds.



**PREP TIME** 3 minutes **COOK TIME** 4 minutes **SERVINGS** 2

## chicken pitta sandwich

Easy, high-protein dinner in less than 30 minutes with scrumptious, authentic flavours!

### ingredients

- 20g tandoori marinade (see recipe page 33)
- 225g raw chicken breast, cut into 5cm pieces
- 2 x 20 cm whole wheat pitta bread rounds
- 2 ripe vine tomato
- 8 lettuce leaves

### directions

- Marinate the chicken breast pieces for 2 hours.
- Place the marinated chicken breast pieces into the Nutri Ninja® 500ml cup and pulse 5-7 times.
- Lightly coat a non-stick pan with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes.
- To assemble the sandwich, cut pitta bread rounds in half, open the pocket, place the lettuce, tomato and evenly divide the cucumber feta dip and cooked ground chicken into the pockets.



**PREP TIME** 5 minutes **SERVINGS** 4 ice pops

## tropical fresh fruit ice pops

Mango and pineapple make this a really tropical treat.

### ingredients

200g fresh mango  
400g fresh pineapple  
30g agave

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 30 seconds.
2. Pour into ice pop moulds and freeze overnight or until solid.



**PREP TIME** 5 minutes **SERVINGS** 4

## vanilla nut frozen treat

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

### ingredients

160ml vanilla oat milk  
1g (¼ tsp) pure vanilla extract  
170g non-fat vanilla Greek yogurt  
1g stevia  
45g walnut halves  
625g ice

### directions

1. Place all the ingredients in the order listed above into the Nutri Ninja® 650ml cup and blend for 20 seconds.



# NINJA®

Inspiring healthy living™

[www.ninjakitchen.eu](http://www.ninjakitchen.eu)

The colour of your Nutri Ninja® may differ from the photos

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