

NUTRI NINJA™

Getting Started
Assembly and Recipes

30
RECIPES!



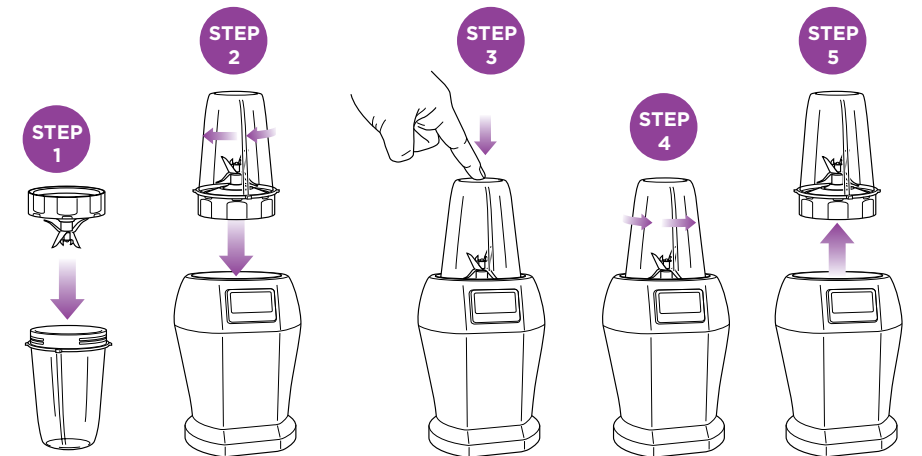
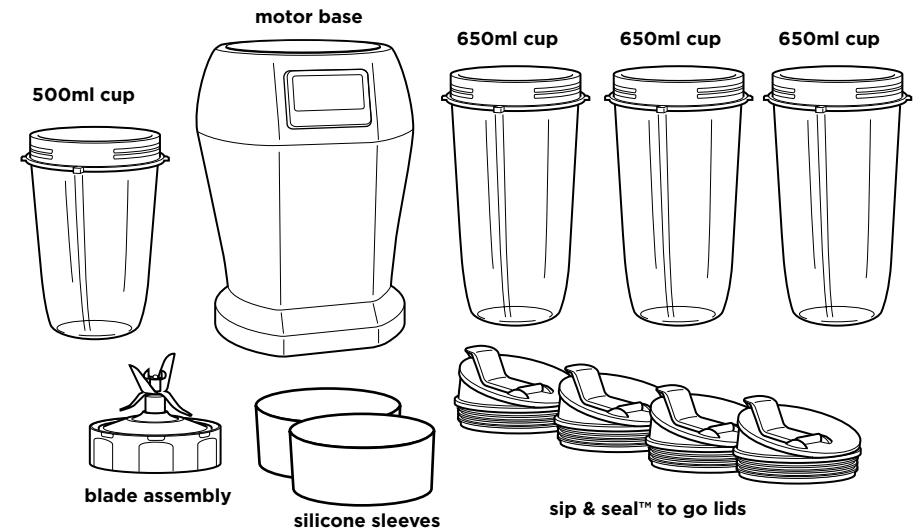
Congratulations!

Prepare nutrient-rich juices, sauces, soups, and wholesome meals with the Nutri Ninja™ Pro! 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 Assembly



1. Add ingredients to the cup, then twist on the blade assembly 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 blade assembly and replace with sip & seal™ to go lid.

“Let’s Get Healthy” Wellness Plan

Your lifestyle and eating habits contribute to your overall well-being. The recipes in this inspiration guide were created for the top five wellness categories, to help you start your journey toward optimal health. Look for the icons below as you read through all of these delicious recipes. Here’s to your 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

Hey good looking! 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.

Mix n’ Match Recipe Ideas

Create your own nutrient-rich juices or healthy smoothies with these great food and flavour combos!

These taste great	With any of these
Apples, Pears, Nut Milks	Cinnamon, Nutmeg, Almonds, Walnuts
Kale, Swiss Chard, Lettuce	Fresh Lemon, Pear, Kiwi, Ginger
Green Tea	Berries of all types, Tart Cherry and Pomegranate Concentrates
Sweet Potatoes, Carrots, Butternut Squash	Turmeric, Maple Syrup
Rocket	Mint, Pear, Apple
Pineapple, Mango, Papaya	Coconut, Banana
Strawberries	Basil, Mint, Goji Berries





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 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

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

directions

1. Place the buckwheat flour with all the ingredients in the order listed above into the Ninja® 500ml cup and blend for 20 seconds.
2. Let batter set 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 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
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 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

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

directions

1. Place all the ingredients in the order listed above into the 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
- 45ml brewed coffee, chilled
- 10g creamy almond butter
- 3g unsweetened cocoa powder
- 5g agave nectar or pouring honey
- 175ml almond milk
- 375g ice

directions

1. Place all the ingredients in the order listed above into the 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
- 2 large fresh basil leaves with stems removed
- 280g chilled watermelon, deseeded, cut into chunks

directions

1. Place all the ingredients in the order listed above into the 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
- 130g frozen blueberries
- 300ml carrot juice

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 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

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

directions

1. Place all the ingredients in the order listed above into the 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 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
- 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 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
- 1g (1 tbsp) fresh mint with stems removed
- 3g fresh ginger
- 10g unsalted sunflower seeds
- 175ml pomegranate juice
- 125ml coconut water
- 125g ice

directions

1. Place all the ingredients in the order listed above into the 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

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

directions

1. Place all the ingredients in the order listed above into the 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 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 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 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 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 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
- 5g fresh mint with stems removed
- 20g flat leaf parsley
- 2 ripe vine tomatoes, quartered
- 1g (½ tsp) ground black pepper
- 1g (½ tsp) salt
- 15ml extra virgin olive oil
- 45ml freshly squeezed lemon juice

directions

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

tip:

Serve with fresh Rocket for an extra Vitamin B punch!

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

directions

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

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

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

directions

1. Place all the ingredients in the order listed above into the 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
30g raw walnut halves
200g frozen red grapes
300ml cups water

directions

1. Place all the ingredients in the order listed above into the 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 4.7 litre 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 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, 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, 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 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 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 475g

tandoori marinade



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

ingredients

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

directions

1. 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.
2. Remove the top and seeds from the peppers.
3. Place all the ingredients in the order listed above into the 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 20 cm whole wheat pitta bread rounds
2 ripe vine tomato
8 boston lettuce leaves

directions

1. Marinate the chicken breast pieces for 2 hours.
2. Place the marinated chicken breast pieces into the Ninja® 500ml cup and pulse 5-7 times.
3. Lightly coat a non-stick pan with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes.
4. 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 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
45g walnut halves
1g (¼ tsp) pure vanilla extract
1g stevia
170g non-fat vanilla Greek yogurt
625g ice

directions

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



NINJA[®]

Inspiring healthy living[™]

The colour of your Nutri Ninja[™] may differ from the photos

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