

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



NINJA®

2-IN-1 BLENDER

QUICK & EASY RECIPES

WITH AUTO-IQ®



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AUTO-IQ® PROGRAMS

Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once an Auto-iQ® program is selected, it will start immediately and automatically stop when processing is complete. To stop processing before the end of a program, the same button again.



BLEND

Make drinks containing fresh or frozen fruit, liquids and ice.

MAX BLEND

Ideal for tougher ingredients including skins, seeds and stems or when you want an even smoother result.

CRUSH

Perfect for recipes including lots of ice or frozen ingredients.



CARROT ZINGA JUICE

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2 SERVINGS

INGREDIENTS

500g carrots, peeled and cut in half
 2.5cm piece of fresh ginger
 200g fresh pineapple chunks
 500ml water

DIRECTIONS

- 1 Place all ingredients into the 2.1L jug in the order listed.
- 2 Press HIGH for 30-40 seconds or until smooth.
- 3 Strain carrot pulp through a sieve before serving.



HOMEMADE LEMONADE

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4 SERVINGS

INGREDIENTS

1 unwaxed lemon
 50-75g caster sugar to taste
 Ice
 500ml water

DIRECTIONS

- 1 Cut the ends off lemon and cut into quarters. Place into the 2.1L jug.
- 2 Press MAX BLEND.
- 3 Add sugar to taste, ice and top up with 1L water. Press MAX BLEND.
- 4 Strain lemonade through a sieve before serving with more ice.



ALMOND MILK

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 700ml

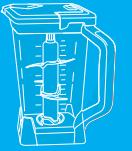
INGREDIENTS

100g whole almonds, blanched or with skin
500ml water

DIRECTIONS

- 1** Place almonds in a bowl and soak in some water overnight or for at least 4 hours.
- 2** Rinse off almonds and place into the 2.1L jug. Add 500ml water.
- 3** Press MAX BLEND.
- 4** Strain almond milk through a sieve lined with a piece of muslin, using a spoon to accelerate the draining by pressing mixture on sieve. When most of milk has gone through, gather muslin edges together and squeeze to get the maximum amount out.





STRAWBERRY DAIQUIRI

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 5 SERVINGS

INGREDIENTS

240ml lime juice
 240ml light rum
 600g frozen strawberries

DIRECTIONS

- 1 Place all ingredients in the 2.1L jug in the order listed.
- 2 Press CRUSH.

FRESH CITRUS MARGARITA

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2-3 SERVINGS

INGREDIENTS

1 lemon, peeled, cut into quarters, seeds removed
 1 lime, peeled, cut in half, seeds removed
 juice of 1 orange
 160ml tequila
 60ml triple sec
 32 ice cubes

DIRECTIONS

1. Place all ingredients in the 2.1L jug in the order listed.
- 2 Press CRUSH.





DETOX SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVINGS

INGREDIENTS

¼ ripe avocado pear

100g fresh pineapple chunks

½ kiwi fruit, peeled and quartered

½ slice of unwaxed lemon with peel

50g spinach leaves

150ml water

50g ice

DIRECTIONS

- 1** Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2** Press MAX BLEND.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





CHOCOLATE MILKSHAKE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

200ml semi-skimmed milk

1 scoop vanilla or chocolate ice cream

1 teaspoon cocoa powder if using vanilla ice cream

1 tablespoon chocolate syrup

DIRECTIONS

- 1 Place the first 3 ingredients into the 700ml Single-Serve Cup in the order listed, then carefully drizzle chocolate syrup around the top of cup.
- 2 Press MAX BLEND.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

BANANA MILKSHAKE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

2 small bananas, peeled, halved

200ml semi-skimmed milk

1 scoop vanilla ice cream

DIRECTIONS

- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press BLEND.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



SESAME SEED PESTO

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 150G

INGREDIENTS

50g parmesan cheese, cut into cubes

1 bunch of basil leaves, approximately 25g

1 garlic clove, peeled

25g toasted sesame seeds

100ml olive oil

Salt and freshly ground black pepper

DIRECTIONS

- 1** Place the parmesan into the 2.1L jug and press PULSE 3 times until roughly chopped.
- 2** Add basil, garlic, sesame seeds, oil into the 2.1L jug.
- 3** Press LOW, allow to blend until the basil leaves are chopped and its blended together.
- 4** Serve with pasta





ROASTED GARLIC SAUCE

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 4 SERVINGS

INGREDIENTS

1 whole head of garlic
1 tablespoon parsley sprigs
300ml Greek yogurt
1 tablespoon olive oil
1 tablespoon lemon juice
Salt and white pepper to taste

DIRECTIONS

- 1 Preheat oven to 200°C/gas mark 6.
- 2 Slice top off garlic bulb and wrap in foil and bake for 1 hour or until soft. Allow to cool before squeezing garlic out into the 2.1L jug.
- 3 Add the remaining ingredients. Press LOW and blend for 10-15 seconds or until desired consistency is reached



MAYONNAISE

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 150ml

INGREDIENTS

2 egg yolks
1 teaspoon Dijon mustard
1 tablespoon white wine vinegar
100-150ml sunflower or vegetable oil
Salt and freshly ground black pepper

DIRECTIONS

- 1 Place the egg yolks, mustard and vinegar into the 2.1L jug.
- 2 Press LOW, lift spout flap on jug lid and start to drizzle oil in a steady stream through spout into jug until smooth and thick, this may take a few minutes.
- 3 Season with salt and pepper before serving



TZATZIKI SAUCE

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 6-8 SERVINGS

INGREDIENTS

2 tablespoons fresh dill

2 tablespoons fresh mint

1 clove garlic, peeled

1 small onion, peeled and quartered

¼ teaspoon salt

½ cucumber, peeled, deseeded and quartered.

350ml Greek yogurt

1 tablespoon lemon juice

DIRECTIONS

- 1** Place all the ingredients into the 2.1L jug in the order listed.
- 2** Press LOW and blend for 10-15 seconds or until desired consistency is reached.
- 3** Serve with pitta bread.



FRESH MINT SAUCE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 100ml

INGREDIENTS

- 1 bunch of mint leaves, stripped off stem
- 2 tablespoons white wine vinegar
- 1 tablespoon caster sugar
- 3-4 tablespoons boiling water

DIRECTIONS

- 1 Place the mint into the 700ml cup.
- 2 Press PULSE 2-3 times until roughly chopped.
- 3 Add vinegar, sugar and water. Press PULSE 2-3 times until mixed.
- 4 Remove blades from cup after blending



GUACAMOLE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 4 SERVINGS

INGREDIENTS

- 1/2 small onion, peeled and quartered
- 1 small red chili, deseeded
- 1 garlic clove, peeled
- 1 large tomato, deseeded and quartered
- 10g fresh coriander, stalks and leaves
- Juice of half a lime
- 2 ripe avocado pears
- Pinch of salt & pepper

DIRECTIONS

- 1 Place the first five ingredients into the 700ml cup.
- 2 Press PULSE 2-3 times until roughly chopped.
- 3 Add lime juice, avocado and seasoning. Press PULSE 2-4 times until the desired consistency is reached.
- 4 Remove blades from cup after blending.



VEGGIE TOMATO SAUCE

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 4 SERVINGS

INGREDIENTS

- 1 clove garlic, peeled
- 1 large onion, peeled and cut into 8
- 2 sticks of celery, cut into 3
- 2 carrots, cut in half
- 1 red pepper, deseeded and cut in quarters
- 400g plum tomatoes
- 1 teaspoon sugar
- 1 tablespoon tomato puree
- 1 teaspoon dried oregano
- Salt and freshly ground black pepper
- 1 bayleaf

DIRECTIONS

- 1 Place all the ingredients into the 2.1l jug in the order listed, except for the bayleaf.
- 2 Press HIGH and blend for 30-40 seconds or until desired smoothness is reached.
- 3 Pour into a saucepan, add bay leaf and simmer with a lid on for 25 minutes or until thick.



HOUMOUS

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: SERVES 4

INGREDIENTS

CLASSIC HOUMOUS

1 x 400g tin chick peas, drained and rinsed

50ml chickpea liquid

60ml lemon juice

60ml olive oil

1 garlic clove, peeled

1 teaspoon ground cumin

½ teaspoon paprika

1 tablespoon tahini paste

1 tsp sea salt

Olive oil and paprika to garnish

RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients

CORIANDER HOUMOUS

Add ½ teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

DIRECTIONS

- 1 Place all the ingredients into the 700ml cup in the order listed.
- 2 Press BLEND.
- 3 Remove blades from cup after blending.
- 4 Serve with drizzled with olive oil and sprinkle over paprika.



TOAD IN THE HOLE

PREP: 10 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

PROGRAM: BLEND

MAKES: 4 SERVINGS

INGREDIENTS

2 large eggs

200ml milk

125g plain flour

½ teaspoon salt

white pepper

1 tablespoon fresh thyme or rosemary leaves

6 sausages

2 tablespoons vegetable oil

DIRECTIONS

- 1 Preheat oven to 220 °C.
- 2 Place ingredients into the 700ml single serve cup in the order listed.
- 3 Press BLEND.
- 4 Remove blades from cup. Let it stand for at least 30 minutes.
- 5 Place sausages and oil into a shallow baking dish. Cook for 15 minutes until sausages are starting to brown and the oil is smoking hot.
- 6 Carefully pour over batter and return to oven and cook for 25-30 minutes until the batter is well risen and golden brown.
- 7 Cooking is complete when golden brown. Serve immediately.





RED ONION AND SPINACH FRITTATA

PREP: 5 MINUTES

CONTAINER: 2.1L Jug

PROGRAM: LOW

MAKES: 2 SERVINGS

INGREDIENTS

- 1 small red onion, peeled and quartered
- 2 tablespoons sunflower oil
- 50g spinach leaves
- 6 eggs
- 100ml single cream
- Salt and freshly ground black pepper

DIRECTIONS

- 1 Put the onion into the 2.1L jug.
- 2 Press LOW, for 5 seconds.
- 3 Heat oil in a frying pan over a moderate heat, and when hot, carefully remove blade from jug and remove chopped onions into pan.
- 4 Fry for 3-4 minutes until soft. Stir in spinach leaves, cook for a few minutes until wilted.
- 5 Meanwhile rinse jug, add eggs, cream and seasoning into 2.1L jug. Press LOW for 7 seconds.
- 6 Pour egg mixture over onions, stir outside to centre, cook for several minutes until almost set, then place under a hot grill for 4-5 minutes to brown.





STRAWBERRY & MINT SORBET

PREP: 5 MINUTES

FREEZE: 15 MINUTES - 3 HOURS

CONTAINER: 2.1L JUG

MAKES: 4 SERVINGS

INGREDIENTS

- 500g frozen strawberries
- 6 fresh mint leaves
- 240ml pomegranate juice
- 2 tablespoons coconut sugar

DIRECTIONS

- 1 Place all ingredients into the 2.1L jug in the order listed.
- 2 Press CRUSH.
- 3 Remove mixture from the jug and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour your mixture into a loaf tin and freeze for 2 to 3 hours, or until hardened.

VANILLA NUT FROZEN TREAT

PREP: 5 MINUTES

CONTAINER: 700ML CUP

MAKES: 4 SERVINGS

INGREDIENTS

- 125ml vanilla oat milk
- 40g walnut halves
- 1ml pure vanilla extract
- 1g natural sweetener
- 170g low fat vanilla greek yoghurt
- 350ml ice

DIRECTIONS

- 1 Place all ingredients into the 700ml cup in the order listed
- 2 Press MAX BLEND
- 3 Remove blades from cup after blending.



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WITH AUTO-IQ[®]

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