

Please make sure to read the enclosed Ninja Owner's Guide prior to using your unit.

# NUTRI NINJA BLENDER DUO

Auto-iQ<sup>®</sup>  
TECHNOLOGY

Let's Get Started!  
Assembly, Tips & Recipes.

25  
RECIPES!



BL642UK

# Congratulations!

Welcome to the Ninja® Auto-iQ™ Experience! Ninja's Auto-iQ™ technology features intelligent programs that combine 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.

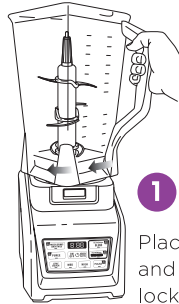
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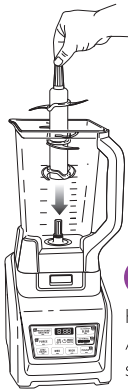
# Quick Assembly

## with pitcher



1

Place pitcher on base and turn clockwise to lock in place.



2

Holding the Stacked Blade Assembly by the top of the shaft, insert it into the pitcher.



3

Align arrows on lid and handle, then lower handle to lock in place.

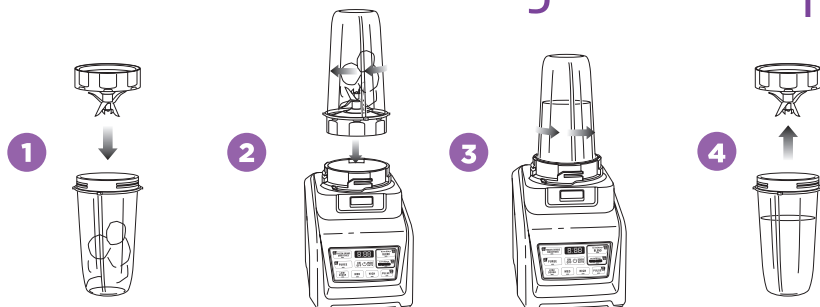
**▲ WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.



**NOTE:** Programs applicable to the pitcher will illuminate once it is locked onto the base.

# Quick Assembly

## with Nutri Ninja™ Cup



1 Screw on the blade assembly clockwise until you have a tight seal.

2 Turn cup upside down and lower it onto the base.

3 Turn cup clockwise to lock in place.

4 When finished, turn the cup upright and unscrew to remove the Pro Extractor Blades™ Assembly.

**▲ WARNING:** Handle the Pro Extractor Blades Assembly with care, as the blades are sharp. Contact with the blades' edges can result in laceration.

**▲ CAUTION:** Remove the Pro Extractor Blades Assembly from the Nutri Ninja cup upon completion of blending. Do not store ingredients before or after blending them in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, use only Spout Lid to cover.



**NOTE:** Programs applicable to the Nutri Ninja Cup will illuminate once it is locked onto the base.

## Cleaning Instructions

**Dishwasher:** Containers, lids, and blade assemblies are all top-rack dishwasher safe. Ensure the blade assembly is removed from the container before placing in the dishwasher.

**Hand washing:** Wash the containers, lids, blade assemblies in warm, soapy water. When washing the blade assemblies, use a dish-washing utensil with a handle to avoid direct hand contact with blades. Handle the blade assemblies with care to avoid contact with sharp edges. Rinse and air dry thoroughly.

**▲ WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

# 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 yoghurt 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®.*

# Nutri Ninja® | Ninja® Blender Duo

## with **Auto-iQ™ Technology**

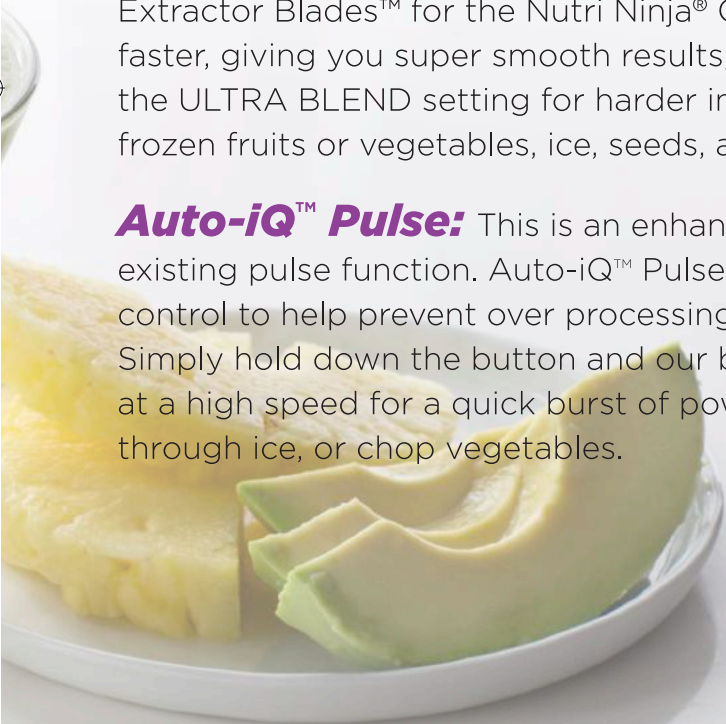
Auto-iQ™ programs combine pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! No more standing over a blender, simply press a button and get the time you need to get other things done.

### ***Auto-iQ™ Frozen Drinks/Smoothies:***

This program is designed for creating delicious drinks in our 2.1 litre pitcher. Our stacked blades will crush ice, frozen fruits and vegetables, giving you a refreshing icy beverage!

***Auto-iQ™ Food Puree:*** This program is designed for making foods such as dips, hummus, baby food, or soups. Both jar configurations can be used with this setting. Use the 2.1 litre pitcher for larger batches or the Nutri Ninja® cups for smaller portions.





**Auto-iQ™ Blend:** This program is specifically designed for our Nutri Ninja® Cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use this setting for Super Juices that use fresh or softer ingredients.

**Auto-iQ™ Ultra Blend:** This program is specifically designed for our Nutri Ninja® cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use the ULTRA BLEND setting for harder ingredients such as frozen fruits or vegetables, ice, seeds, and more.

**Auto-iQ™ Pulse:** This is an enhanced feature to our existing pulse function. Auto-iQ™ Pulse offers greater control to help prevent over processing or over blending. Simply hold down the button and our blades will run at a high speed for a quick burst of power to break through ice, or chop vegetables.

# USE Pitcher with

**FROZEN DRINKS  
SMOOTHIES**

cocktails

smoothies

frozen  
blending

milkshakes

**PUREE**

sauces

dips

soups





# USE Nutri Ninja® Cup with

**NUTRI NINJA**  
**ULTRA BLEND**



green  
super juices

frozen  
desserts

protein  
shakes

**NUTRI NINJA**  
**BLEND**



fresh  
nutrient  
juices

**PUREE**



sauces

dips

soups



# programs & speed settings

## programs and speed settings for pitcher

Function	Container	Blade Assembly	Speed or Program	Type of Food
Chopping	Blender Pitcher	Stacked Blade Assembly	Auto-iQ® Pulse	Salsa, Vegetables, Nuts, Chocolate
Smoothies, Frozen Drinks	Blender Pitcher	Stacked Blade Assembly	Auto-iQ® Frozen Drinks & Smoothies	Frozen Cocktails, Smoothies, Frozen Desserts, Milkshakes, Ice
Pureeing	Blender Pitcher	Stacked Blade Assembly	Auto-iQ® Puree	Soups, Sauces, Dips



## programs and speed settings for Nutri Ninja® cup

Function	Container	Blade Assembly	Speed or Program	Type of Food
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™ Assembly	Nutri Ninja® Auto-iQ™ Blend	Fresh Nutrient Juices, Smoothies, Milkshakes
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™ Assembly	Nutri Ninja® Auto-iQ® Ultra Blend	Green Nutrient Juices, Frozen Desserts, Protein Shakes
Grating	Nutri Ninja® Cup	Pro Extractor Blades™ Assembly	Auto-iQ® Puree	Grated Cheese, Bread Crumbs, Spices
Chopping	Nutri Ninja® Cup	Pro Extractor Blades™ Assembly	Auto-iQ® Pulse	Salsa, Vegetables, Nuts





PREP TIME 5 minutes SERVING 1

## lean green ninja



### ingredients

- 100 g fresh pineapple, 2.5 cm chunks
- 110 g fresh mango, 2.5 cm chunks
- ½ ripe banana, peeled
- 5 g baby spinach, packed
- 5 g kale leaves, packed
- 125 ml water
- 250 ml ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with pineapple.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## blueberry chill



### ingredients

- 10 g red cabbage, chopped
- 1 celery stalk, halved
- ½ granny smith apple, unpeeled, uncored, halved
- 110 g blueberries
- 70 g watermelon, 2.5 cm chunks
- 175 ml ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with red cabbage.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## powerball smoothie



### ingredients

- ½ ripe banana
- 350 ml unsweetened coconut milk
- 5 ml unsweetened cocoa powder
- 200 g cups frozen blueberries

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVINGS 2

## ginger greens

NUTRI NINJA  
BLEND



### ingredients

- 20 g baby kale
- 5 g coriander
- ¼ avocado
- 1 date, pitted
- 2 small kiwis, peeled and quartered
- 5 ml lime juice
- 0.65 cm ginger root, peeled
- 125 ml coconut water
- 80 ml ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with baby kale.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.
3. Remove blades from cup after blending.



PREP TIME: 5 minutes SERVINGS 2

## strawberry banana



### ingredients

- 1 banana, peeled and halved
- 250 ml skimmed milk
- 30 ml agave
- 150 g frozen strawberries

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.
3. Remove blades from cup after blending.





PREP TIME 5 minutes SERVINGS 2

## watermelon raspberry quencher



### ingredients

- 210 g watermelon, 2.5 cm chunks
- 60 g raspberries
- 60 ml water
- 125 ml ice

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with watermelon.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.
3. Remove blades from cup after blending.



PREP TIME 5 minutes SERVING 1

## cherry limeade



### ingredients

- 22 ml lime juice
- 375 ml coconut water
- 105 g frozen cherries

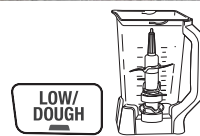
### directions

1. Place all of the ingredients into the Regular 650 mls Nutri Ninja® Cup in the order listed above, starting with lime juice.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.
3. Remove blades from cup after blending.
4. Pour mixture through a fine mesh strainer to extract the flavoured water.



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

## buckwheat pancakes



### ingredients

- 250 ml buttermilk
- 1 egg, beaten
- 45 ml rapeseed oil
- 30 ml honey
- 85 g buckwheat flour
- 70 g all-purpose flour
- 6 ml baking soda
- 7 ml sugar
- 2.5 ml salt

### directions

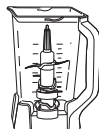
1. Place the buttermilk, egg, oil, and honey into the Pitcher.
2. Turn unit ON, select “LOW/DOUGH” and blend for 30 seconds.
3. Add buckwheat flour, all-purpose flour, baking soda, sugar, and salt to the Pitcher and select “LOW”, blend additional 30 seconds.
4. Remove pitcher from base, and lid from the pitcher. Cover in plastic wrap. Let sit for 1 hour.
5. On a lightly oiled griddle over medium heat, cook batter in desired-sized pancakes until small bubbles form and edges dry. Flip and cook until pancake center is puffed and springs back when gently pressed.



PREP TIME 5 minutes SERVINGS 8

## chicken+apple sausage

PULSE Auto-iQ



### ingredients

- 15 ml tablespoon olive oil, plus additional oil for cooking sausages
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 500 g boneless skinless chicken thighs, 5 cm chunks
- 5 g fresh sage leaves
- 7 ml fresh ground pepper
- 7 ml sea salt
- pinch of cinnamon

### directions

1. Place the onion, apples and sage to the Pitcher. Turn unit ON then hold down “Auto-iQ® PULSE” until finely chopped.
2. Heat the olive oil in a medium skillet. Add the onion and apples, sautéing several minutes, until soft. Remove from heat and place in a large bowl.
3. To the same Pitcher, place the chicken thighs then hold down “Auto-iQ™ PULSE” until finely ground. Add the ground chicken to the bowl with the onion and apple mix. add the cinnamon and season with salt and pepper. Mix well, using your hands.
4. Preheat oven to 175°C (350°F). Form mixture into 8 patties and bake on a parchment lined cookie sheet for about 10-12 minutes, or until fully cooked.



**PREP TIME** 5 minutes **COOK TIME** 3 minutes **SERVINGS** 4

## tomato basil scrambler



### ingredients

- 8 whole eggs
- 100 g vine ripe tomatoes
- 55 g mozzarella cheese
- 10 g fresh basil, loosely packed
- pinch of salt
- pinch of black pepper
- cooking spray

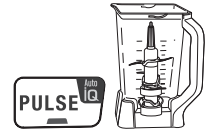
### directions

1. Place the eggs, tomato, mozzarella, basil, salt, and black pepper into the Regular 650 ml Nutri Ninja® Cup. Turn unit ON then hold down “Auto-iQ® PULSE” until all ingredients are roughly chopped.
2. Pour mixture through a fine mesh strainer to extract the flavoured water.
3. 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.



PREP TIME 5 minutes SERVINGS 8

## gazpacho



### ingredients

- 1 small red onion, peeled and quartered
- 2 cucumbers, halved and quartered
- 1 yellow pepper, quartered, seeded
- 1 red pepper, quartered, seeded
- 1.35 kg fresh tomatoes, quartered, seeded
- 17 ml sea salt
- 60 ml red wine vinegar
- 1.5 L tomato juice
- 5 ml garlic, minced

### directions

1. Working in batches, add the red onion, cucumber, peppers & fresh tomatoes to the Pitcher.
2. Turn unit ON then hold down “Auto-iQ® PULSE” until ingredients are finely chopped.  
Place each batch into a large mixing bowl.
3. Add minced garlic, red wine vinegar, salt and tomato juice and mix well.
4. Chill for at least 3 hours.
5. Taste for seasonings before serving.



PREP TIME 10 minutes    SERVINGS 4

## butternut squash soup

PUREE



### ingredients

- 45 ml olive oil
- 1 large yellow onion, chopped
- 150 g raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 1 kg butternut squash, cubed
- 5 ml fresh thyme leaves
- 1 bay leaf
- 950 ml vegetable stock, plus more to thin if desired
- 2.5 ml sea salt, plus more to taste
- black pepper, to taste

### directions

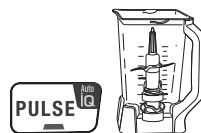
1. Heat oil in a large saucepan and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the carrot, apple, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in batches, ladle the soup into the Pitcher. Secure the lid and place the Pitcher onto the base Turn unit ON and select "Auto-iQ® PUREE". Heat soup to desired temperature before serving.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes SERVING 1

## chopped salad



### ingredients

- 45 g romaine lettuce, large chunks
- 125 g chicken breast, precooked
- 75 g cherry tomatoes
- 45 g kalamata olives
- 40 g feta cheese

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with romaine lettuce.
2. Turn unit ON then hold down “Auto-iQ® PULSE” for 3 pulses or until desired chop is achieved. Top with your favourite dressing and enjoy!





PREP TIME 15 minutes COOK TIME 5-7 minutes SERVINGS 4

## cauliflower couscous



### ingredients

- 300 g cauliflower, 5 cm florets
- 15 ml rosemary, stems removed, chopped
- 1 garlic clove, minced
- ½ lemon, juiced
- 60 ml extra virgin olive oil
- 2.5 ml sea salt
- 2.5 ml ground black pepper
- 70 g sliced almonds
- 3 g green onion, sliced

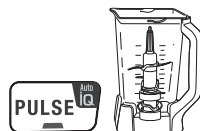
### directions

1. Preheat oven to 200°C (400°F). Place the cauliflower into the Pitcher. Turn unit ON then hold down “Auto-iQ® PULSE” until finely chopped.
2. Place the chopped cauliflower in a single layer on a baking sheet and roast 5-7 minutes until some color is achieved and cauliflower is cooked. Set aside.
3. Place the rosemary, garlic, lemon, oil, salt, and pepper in a medium mixing bowl and whisk to combine.
4. Add the cauliflower to the bowl along the almonds and green onion. Toss to combine. Serve immediately.



**PREP TIME** 15 minutes **COOK TIME** 20-25 minutes **SERVINGS** 15 meatballs

## turkey meatballs



### ingredients

- 500 g dark turkey meat, 2.5 cm cubes and well-chilled
- 1/2 onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- 5 g Italian parsley leaves, chopped
- 50 g parmesan cheese, grated
- 15 g bread crumbs
- 30 ml tomato paste
- 2 eggs, beaten
- salt and pepper to taste
- cooking spray
- 950 ml marinara sauce

### directions

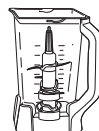
1. Add the turkey to the Pitcher. Turn unit ON then hold down "Auto-iQ® PULSE" until turkey is finely chopped. Do not overprocess.
2. Transfer the turkey to a bowl and add onion, garlic, parsley, cheese, bread crumbs, tomato paste, egg, salt and pepper, mixing to combine. Form mixture into mini meatballs.
3. Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.



PREP TIME 25 minutes COOK TIME 20 minutes SERVINGS 2

## fettuccine with kale & sunflower pesto

MED



### ingredients

- ½ medium bunch kale, stems removed
- 5 g fresh basil leaves, packed
- 1 large garlic clove
- 35 g unsalted roasted sunflower seeds
- 30 ml parmesan cheese
- zest + juice of ½ lemon
- sea salt to taste
- freshly ground pepper
- 60 ml olive oil + more as needed

### directions

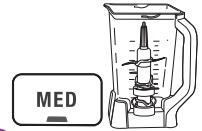
1. Bring 400 ml of salted water to a boil. Blanch the kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze the kale leaves dry and set aside.
2. Add the kale, basil, garlic, sunflower seeds, parmesan, lemon juice/zest, olive oil and a pinch of salt and pepper to the Pitcher.
3. Turn unit ON, select "MEDIUM" and blend until desired consistency is achieved.  
To serve atop your favourite pasta.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 15 minutes COOK TIME 8 minutes SERVINGS 4

## macadamia & parmesan-crusted tilapia



### ingredients

- 100 g macadamia nuts
- 25 g cubed Parmesan cheese
- 15 g panko bread crumbs
- 1 ml sea salt
- 1 ml ground black pepper
- 20 ml Dijon mustard
- 4 175 g tilapia fillets

### directions

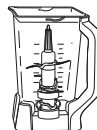
1. Preheat oven to 175°C (350°F). Place the macadamia nuts and Parmesan into the Pitcher. Turn unit ON and select "MEDIUM". Blend until desired chop.
2. Transfer chopped nuts to a mixing bowl, then add the bread crumbs, salt, and black pepper, stirring to combine.
3. Spoon 5 ml on each tilapia fillet with the mustard. Spread the crust mixture evenly on top. Lightly coat a baking pan with cooking spray and arrange fish on pan. Bake for 20 minutes or until fish is cooked through.



PREP TIME 5 minutes    SERVINGS 3

## blueberry honey mojito

FROZEN DRINKS  
SMOOTHIES



### ingredients

- 375 g fresh blueberries
- 180 g cucumber
- 30 ml mint, stems removed
- 250 ml light rum
- 30 ml honey
- 175 ml pear juice
- 700 ml ice

### directions

1. Place all of the ingredients into the Pitcher in the ordered listed above, starting with blueberries.
2. Turn unit ON and select the “Auto-iQ® FROZEN DRINKS/SMOOTHIES” program.



PREP TIME 5 minutes    SERVINGS 4

## classic margarita



### ingredients

- 1 lime, peeled, cut in half
- 1 lemon, peeled, cut in quarters
- 80 ml orange juice
- 60 ml Triple sec
- 160 ml Tequila
- 950 ml ice

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with lime.
2. Turn unit ON and select the “Auto-iQ® FROZEN DRINKS/SMOOTHIES” program



**PREP TIME** 5 minutes **SERVINGS** 32-ounces

## best blender salsa



### ingredients

- 2 310 ml cans tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle chile pepper in adobo
- 30 ml adobo sauce
- 1 bunch coriander, stems trimmed
- 1 lime, peeled and quartered
- salt and pepper to taste

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with tomatoes.
2. Turn unit ON and hold down “Auto-iQ® PULSE” until desired consistency is achieved.  
Cover and refrigerate for at least 1 hour before serving.



**PREP TIME** 5 minutes **SERVINGS** 625 ml

## classic hummus



### ingredients

- 480 g cooked, drained chick peas (liquid reserved)
- 90 ml chick peas liquid
- 60 ml lemon juice
- 60 ml tablespoons olive oil
- 1 garlic clove, peeled
- 5 ml ground cumin
- 0.5 ml cayenne pepper
- 5 ml sea salt

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with chick peas.
2. Turn unit ON then select "Auto-iQ® PUREE". Remove blades from cup after blending.
3. Remove blades from cup after blending.

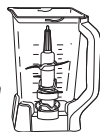




**PREP TIME** 10 minutes **COOK TIME** 20 minutes **SERVINGS** 950 ml

## spinach & artichoke dip

PULSE Auto-iQ



### ingredients

- 50 g mayonnaise
- 60 g sour cream
- 230 g cream cheese
- 30 ml lemon juice
- 1 400 g canned artichoke hearts, drained & chopped
- 55 g low-fat mozzarella cheese, shredded
- 25 g parmesan cheese, cut into pieces or grated
- 30 ml chopped onion
- 80 g frozen spinach, thawed, excess liquid removed

### directions

1. Preheat the oven to 175°C (350°F). Place all of the ingredients into the Pitcher in the order listed above except the spinach.
2. Hold down “Auto-iQ™ PULSE” until ingredients are combined
3. Add the chopped spinach and hold down “Auto-iQ® PULSE” until incorporated.  
Spoon the dip into a heat-resistant serving dish and bake for 20 minutes.
4. Serve with sliced French bread. Season with salt and pepper.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes    SERVINGS 4

## chocolate banana mousse



### ingredients

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

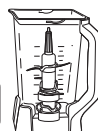
### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select "Auto-iQ® PUREE". Remove blades from cup after blending.
3. Place mousse into an airtight container and refrigerate until chilled.
4. Remove blades from cup after blending.



**PREP TIME** 20 minutes **COOK TIME** 30 minutes **SERVINGS** 12

## peach muffins



### ingredients

- 275 g sliced peaches
- 5 ml lemon juice
- 60 ml vegetable oil
- 125 ml skimmed milk
- 60 g non-fat yogurt
- 10 ml vanilla extract
- 1 large egg
- 160 g sugar
- 245 g all-purpose flour
- 10 ml baking powder
- 30 g ground flaxseeds
- 2.5 ml sea salt

### directions

1. Preheat oven to 175°C (350°F). Lightly coat a nonstick muffin pan with cooking spray. Place the peaches into the Pitcher. Turn unit ON then hold down “Auto-iQ® PULSE” until finely chopped. Remove peaches and set aside.
2. Place the lemon juice, oil, milk, yogurt, vanilla, and egg into the Pitcher. Turn unit ON and select “MEDIUM”. Blend until smooth.
3. Add the sugar, flour, baking powder, flaxseeds, salt and chopped peaches and select “MEDIUM”. Blend until smooth, scraping bowl as needed.
4. Scoop the mixture into the prepared muffin pan, filling three-quarters full.
5. Bake for 30 minutes or until a wooden pick inserted into the center comes out clean. Cool before serving.



PREP TIME 5 minutes    SERVINGS 4

## vanilla nut frozen treat



### ingredients

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

### directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with vanilla oat milk.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” Program.
3. Remove blades from cup after blending.

# FAQ

## **The Motor Doesn't Start Or Attachment Doesn't Rotate.**

- Make sure the container is securely placed on motor base.
- Ensure the lid is securely placed on the container in the correct position.
- The appliance is turned "Off". Press the power button to turn "On".
- Check that the plug is securely inserted into the electrical outlet.
- Check the fuse or circuit breaker.
- Check to make sure the unit is not overloaded.
- If the unit is overloaded, the appliance will stop and the power light will flash. Unplug and wait approximately 15 minutes before using again.
- If the unit has overheated, unplug and wait approximately 15 minutes before using again.

## **Food is Unevenly Chopped?**

Either you are chopping too much food at one time, or the pieces are uneven. Processing smaller amounts per batch is ideal.

## **Food is Chopped Too Fine or Is Too Watery.**

The food is over processed. Use Auto-iQ™ Pulse button for controlled processing.

## **Food Collects On The Lid Or On the Sides Of The Container.**

The mixture is too thick. Add more liquid.

## **I have a blinking red light:**

The unit is not installed properly. For your safety the unit will only be able to be turned on when it is properly assembled. Please refer to the assembly pages of this inspiration guide for assistance.









Contact us at 0800 862 0453  
or [www.ninjakitchen.eu](http://www.ninjakitchen.eu)

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