

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



NINJA
MULTI-SERVE
TOUCHSCREEN
BLENDER

LET'S BREAK IT DOWN

Quick & Easy Blender Recipes



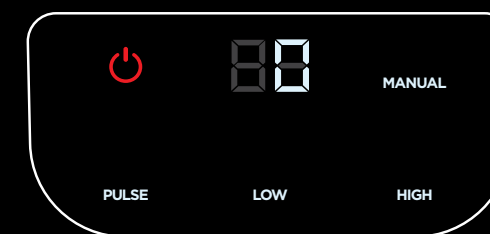
PITCHER, MEET POSSIBILITIES.

With a modern intuitive touchscreen and Auto-iQ® Technology, you'll have access to a wide range of textures. That means from juices and smoothies to granitas and margaritas, your Multi-Serve Touchscreen Blender will power through all your thirst-quenching needs. So sip, savour, and stay refreshed—you've got this.



THE POWER OF PREFERENCE.

The modern display responds to your touch and lets you quickly toggle between pre-set programs and manual control. And the durable, easy-to-clean screen stands up to everyday kitchen wear and tear.





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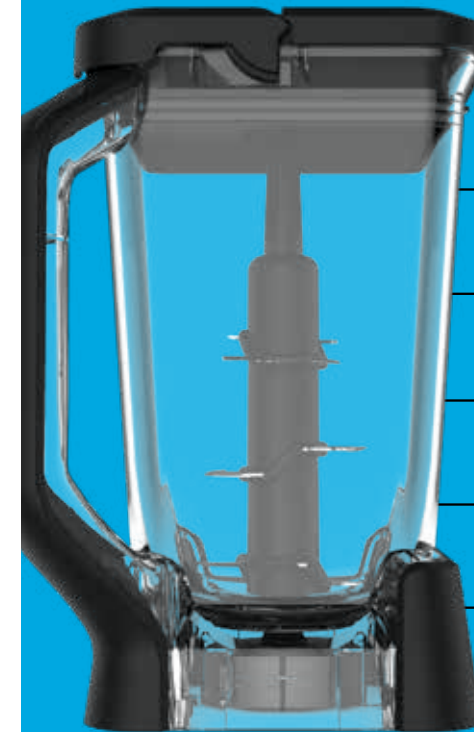
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TIPS FOR YOUR TOTAL CRUSHING® BLENDER PITCHER

LOADING TIPS

Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients. Check out the layer-by-layer guide below.



5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

PREP TIPS

When loading the pitcher, make sure ingredients do not go past the max fill line.

For best results, cut ingredients in 2.5cm chunks. Do not place frozen ingredients first in the pitcher.

SMOOTHIES



WATERMELON QUENCH

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

380g watermelon chunks
475ml pomegranate juice
250g frozen peach slices

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select SMOOTHIE.

APPLE PIE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 8 SERVINGS

INGREDIENTS

4 large Golden Delicious apples, cored, chopped
950ml unsweetened almond milk
1 tablespoon lemon juice
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 teaspoon salt
16 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select SMOOTHIE.





STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

4 small ripe bananas, cut in half
475ml semi-skimmed milk
55g agave nectar
550g frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select SMOOTHIE.

TROPICAL CHILL

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

- 1 ripe banana
- 90g pineapple chunks
- 90g honeydew melon chunks
- 1/4 lime, peeled, cut in half, seeds removed
- 175ml coconut water
- 8 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select SMOOTHIE.





CINNAMON & COFFEE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 2-3 SERVINGS

INGREDIENTS

120ml strongly brewed coffee, cooled
1 square (30g) dark chocolate
230ml rice milk
1 teaspoon ground cinnamon
½ cup low-fat vanilla yogurt
4-6 ice cubes

DIRECTIONS

1 Place all ingredients into the 2.1L Pitcher in the order listed.
2 Select SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS.

ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

475ml coconut water
180g pineapple chunks
180g frozen mango chunks
1 small ripe banana
140g frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select SMOOTHIE.



COCKTAILS



FRESH CITRUS MARGARITA

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 lime, peeled, cut in half, seeds removed
1 lemon, peeled, cut in quarters, seeds removed
80ml orange juice
60ml triple sec
150ml tequila
32 ice cubes

DIRECTIONS

1 Place all ingredients into the 2.1L Pitcher in the order listed.
2 Select FROZEN DRINK.

LEM-MOSA

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

3 lemons, peeled, cut in half, seeds removed
4 fresh mint leaves
400ml dry white wine
2 tablespoons agave nectar
28 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select FROZEN DRINK.





STRAWBERRY DAIQUIRI

PREP: 10 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 5 SERVINGS

INGREDIENTS

600g strawberries, cut in half, stems removed
240ml lime juice
240ml light rum
16 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select FROZEN DRINK.

DIPS & SAUCES



HUMMUS

PREP: 10 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 600G

INGREDIENTS

1 can (400g) chickpeas, drained, liquid reserved
100ml chickpea liquid
60ml lemon juice
80ml olive oil
1 clove garlic, peeled
2 tablespoons tahini
1 teaspoon ground cumin

DIRECTIONS

1 Place all ingredients into the 2.1L Pitcher in the order listed.
2 Select PUREE.

CHIPOTLE SALSA

PREP: 10 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** 2.1L PITCHER | **MAKES:** 950G

INGREDIENTS

2 cans (280g each) whole peeled tomatoes
1 small white onion, peeled, cut in quarters
1 jalapeño pepper, cut in half, seeds removed
1 canned chipotle pepper in adobo sauce
2 tablespoons adobo sauce
1 bunch coriander, stems removed
1 lime, peeled, cut in quarters
Salt and pepper, to taste

DIRECTIONS

- 1** Place all ingredients into the 2.1L Pitcher in the order listed.
- 2** PULSE until desired consistency is reached.
- 3** Cover and refrigerate at least 1 hour before serving.





SPINACH ARTICHOKE DIP

PREP: 15 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 2000G

INGREDIENTS

3 tablespoons unsalted butter
2 cloves garlic, peeled, chopped
1 large onion peeled, chopped
50g all-purpose flour
2 teaspoons salt
1 teaspoon ground black pepper
1 can (390g) artichoke hearts, drained
450g baby spinach
950ml low-sodium vegetable broth
200g grated Parmesan cheese
50g sour cream

DIRECTIONS

- 1 Place butter, garlic, and onion into a 4.7L saucepan over medium-low heat. Cook for 5 minutes.
- 2 Add flour, salt, and pepper, and stir to incorporate. Add artichoke hearts, spinach, and broth. Bring to a boil, then reduce heat to medium-low and cook for 20 minutes.
- 3 Remove from heat and cool to room temperature.
- 4 Place cooled mixture into the 2.1L Pitcher. Select HIGH and blend until desired consistency is reached.
- 5 Return sauce to saucepan, add Parmesan and sour cream, then simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.

WALNUT RED PEPPER DIP

PREP: 10 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 500G

INGREDIENTS

1/2 pitta
1 jar (200g) roasted red peppers
125g toasted walnuts
2 tablespoons lemon juice
2 tablespoons tomato paste
1/4 teaspoon chilli flakes
1 teaspoon ground cumin
80ml olive oil
1/8 teaspoon salt
Pinch ground black pepper

DIRECTIONS

- 1 Drain peppers and reserve liquid in a small bowl. Tear pita into 2.5cm pieces and place in the bowl of liquid to soften, about 3 minutes.
- 2 Place softened pita and remaining ingredients into the 2.1L Pitcher.
- 3 Select PUREE. Transfer mixture to a serving bowl.





SUN-DRIED TOMATO SAUCE

PREP: 15 MINUTES | **COOK:** 25 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

1 onion, peeled, cut in quarters
4 cloves garlic, peeled
1 tablespoon canola oil
2 cans (400g each) whole peeled tomatoes
1 jar (170g) sun-dried tomatoes packed in olive oil
120ml dry red wine
½ teaspoon chilli flakes
Salt and pepper, to taste
¼ bunch basil, chopped, for garnish

DIRECTIONS

- 1 Place the onion and garlic into the 2.1L Pitcher. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onion and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and chilli flakes into the 2.1L Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil.

SOUPS



RED PEPPER SOUP

PREP: 10 MINUTES | **COOK:** 10 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 3 SERVINGS

INGREDIENTS

3 red bell peppers, roasted, peeled, cooled
10g sundried tomatoes
2 cloves garlic, peeled
60ml white wine
1/4 bunch Italian parsley, trimmed
240ml low-sodium vegetable broth
Salt and pepper, to taste
Balsamic vinegar, for garnish

DIRECTIONS

- 1 Place all ingredients, except balsamic vinegar, into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve in bowls garnished with a splash of balsamic vinegar.

DO NOT BLEND HOT INGREDIENTS.

BUTTERNUT SQUASH SOUP

PREP: 20 MINUTES | **COOK:** 40-45 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 8 SERVINGS

INGREDIENTS

3 tablespoons olive oil
1 large yellow onion, peeled, chopped
130g raw cashews
1 large apple, peeled, cored, chopped
1 large carrot, peeled, chopped
900g butternut squash, peeled, cubed
1 teaspoon fresh thyme leaves
1 bay leaf
950ml vegetable stock
Salt and black pepper, to taste

DIRECTIONS

- 1** Heat oil in a large saucepan over medium heat. 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 apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and then reduce the heat to medium-low. Allow soup 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.
- 4** Working in two batches, ladle half the cooled soup into the 2.1L Pitcher. Select HIGH and blend until desired consistency is reached. Repeat with remaining soup.

DO NOT BLEND HOT INGREDIENTS.





BROCCOLI & STILTON SOUP

PREP: 15 MINUTES | **COOK:** 35-40 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

2 tablespoons butter
1 tablespoon olive oil
1 small yellow onion, peeled, chopped
1 leek, trimmed, chopped
1 small potato, peeled, chopped
340g broccoli florets
180ml chicken broth
250ml whole milk
125ml double cream
113g Stilton cheese
Salt and pepper, to taste

DIRECTIONS

- 1 Place butter and oil into a large heavy-bottom saucepan over medium heat; cook until butter is melted, stirring occasionally. Add onion and leek to saucepan and cook until soft, about 3 minutes.
- 2 Add potato, broccoli, and broth to saucepan. Simmer over medium heat until tender, 20 to 25 minutes, stirring occasionally. Let cool to room temperature.
- 3 Place cooled soup into the 2.1L Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Transfer the soup back to the saucepan. Add milk, cream, cheese, salt, and pepper. Simmer until heated through.

DO NOT BLEND HOT INGREDIENTS.

CARROT GINGER SOUP

PREP: 15 MINUTES | **COOK:** 40 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
6 medium carrots, peeled, chopped
4 shallots, peeled, chopped
5cm piece fresh turmeric root, peeled, chopped
4cm piece fresh ginger, peeled, chopped
350ml vegetable broth
2 tablespoons lime juice
Salt and pepper, to taste

DIRECTIONS

- 1** Heat oil in a saucepan over medium-high heat. Add carrots, shallots, turmeric, and ginger. Sauté until softened, about 15 minutes.
- 2** Add vegetable broth, lime juice, salt, and pepper to saucepan and simmer 10 to 15 minutes over medium-low heat. Let cool to room temperature.
- 3** Add the cooled soup to the 2.1L Pitcher. Select HIGH and blend until desired consistency is reached.
- 4** Reheat soup in saucepan until heated through.

DO NOT BLEND HOT INGREDIENTS.





ROASTED GARLIC & ROMA TOMATO SOUP

PREP: 10 MINUTES | **COOK:** 15 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

2 cans (400g each) whole peeled tomatoes
4 cloves garlic, peeled
3 tablespoons tomato paste
170g silken tofu
3 tablespoons extra virgin olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
240ml vegetable broth
1 tablespoon fresh basil leaves

DIRECTIONS

- 1** Place all ingredients into the 2.1L Pitcher in the order listed.
- 2** Select HIGH until desired consistency is reached.
- 3** Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.

CAULIFLOWER WHITE CHEDDAR SOUP

PREP: 15 MINUTES | **COOK:** 30 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

430g cauliflower florets
1/2 small onion, peeled, cut in half
470ml semi-skimmed milk
75g grated cheddar cheese,
plus additional for garnish
1 teaspoon onion powder
1/4 teaspoon grated nutmeg,
plus additional for garnish
Salt and pepper, to taste

DIRECTIONS

- 1** Steam cauliflower with onion until tender, about 15 minutes. Cool to room temperature.
- 2** Place cooled cauliflower and onion with remaining ingredients into the 2.1L Pitcher.
- 3** Select HIGH until desired consistency is reached.
- 4** Transfer soup to a stockpot, adjust seasonings, and simmer until heated through.
- 5** Garnish each serving with additional grated cheese and nutmeg.

DO NOT BLEND HOT INGREDIENTS.



DESSERTS



BANANA CHOCOLATE MOUSSE

PREP: 15 MINUTES | **CHILL:** 2 HOURS | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

2 ripe bananas, cut in quarters
2 ripe avocados, peeled, cut in quarters, pits removed
70g chocolate syrup
Juice of 1/2 orange
20g cocoa powder

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth, scraping down sides of pitcher as needed.
- 3 Place mousse into an airtight container and refrigerate until chilled, about 2 hours.



WATERMELON MINT GRANITA

PREP: 10 MINUTES | **FREEZE:** 3-4 HOURS | **CONTAINER:** 2.1LPITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

650ml watermelon chunks
1 tablespoon lime juice
3 tablespoons agave nectar
6 mint leaves

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth. Strain watermelon juice and discard pulp.
- 3 Pour watermelon juice into ice cube trays. Freeze 3 to 4 hours, or until almost solid. Shave with a fork into glasses and serve.



FROZEN STRAWBERRY PEACH TREAT

PREP: 10 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

200g frozen strawberries
125g frozen peaches
120ml whole milk
60g low-fat vanilla yogurt
2 tablespoons agave nectar
1 teaspoon vanilla extract

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth.

TIP: IF DESIRED, LAYER WITH FRESH FRUIT AS A PARFAIT.

CANTALOUPE PEPPER FREEZE

PREP: 15 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

350ml frozen cantaloupe chunks
1/2 teaspoon freshly ground black pepper
175-300ml water
8 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth. Add additional water, if needed.





VANILLA NUT FROZEN TREAT

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

230ml vanilla oat milk
60g walnut halves
1/2 teaspoon pure vanilla extract
1 teaspoon stevia
245g 0% fat vanilla yogurt
20 ice cubes

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth.

COCONUT PINEAPPLE SORBET

PREP: 5 MINUTES | **CONTAINER:** 2.1L PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

245g frozen pineapple chunks
1 small frozen ripe banana
1 tablespoon fresh lime juice
120ml light coconut milk
1 tablespoon agave nectar
1 teaspoon grated fresh ginger

DIRECTIONS

- 1 Place all ingredients into the 2.1L Pitcher in the order listed.
- 2 Select HIGH until smooth.



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