

NUTRI NINJA[®]

Auto-iQ[®]

ONE-TOUCH INTELLIGENCE

INSPIRATION GUIDE

30

RECIPES



Nutri Ninja[®] Auto-iQ[®] Pro Complete

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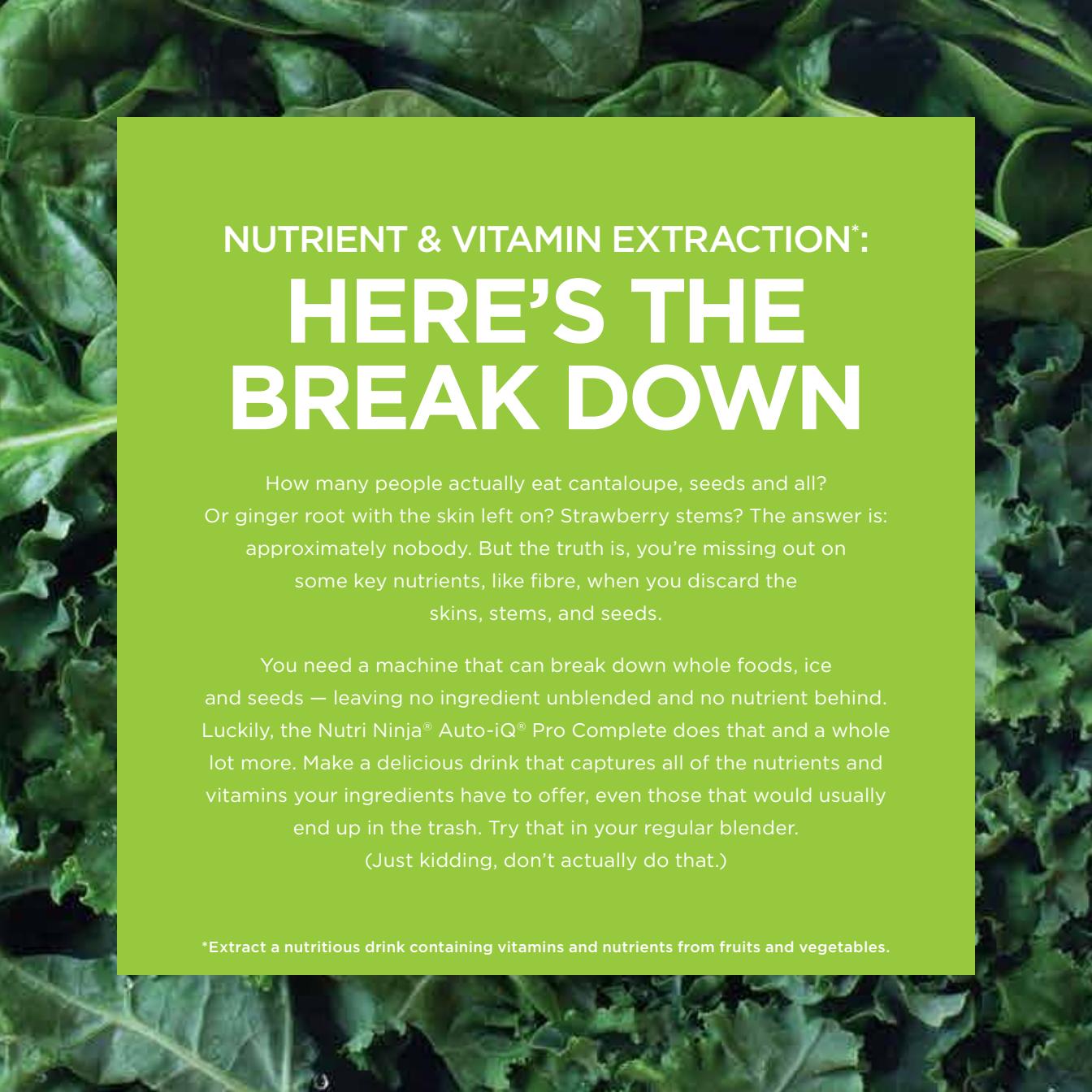
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SUPER JUICE? MORE LIKE 'SMARTER' JUICE.

With Ninja® Auto-iQ®, powerful nutrient & vitamin extraction* is a no-brainer. Simply push a button and let it work its magic. Pre-programmed pulses and pauses give you professional results without the guesswork. How smart is that?

*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.



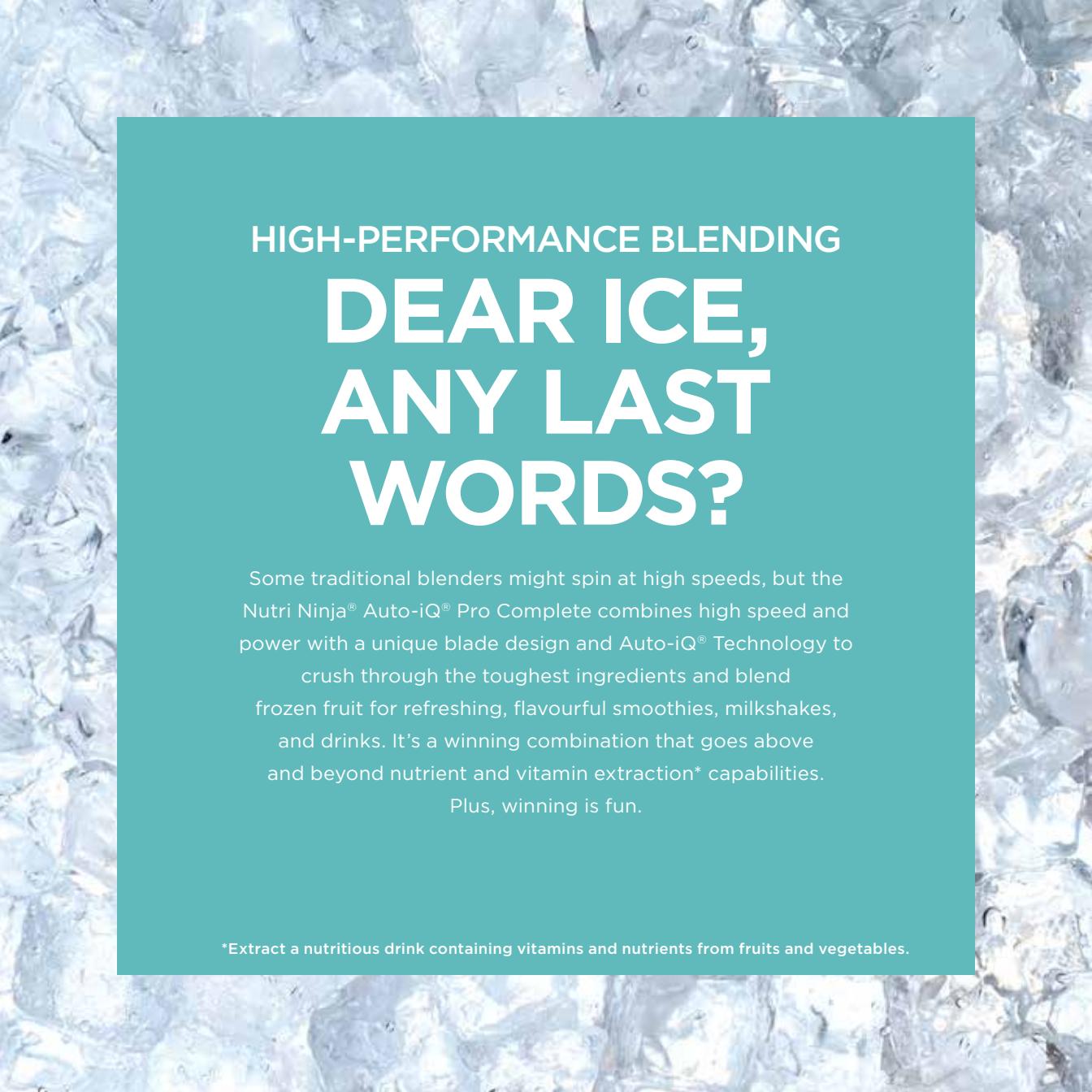
NUTRIENT & VITAMIN EXTRACTION*:

HERE'S THE BREAK DOWN

How many people actually eat cantaloupe, seeds and all? Or ginger root with the skin left on? Strawberry stems? The answer is: approximately nobody. But the truth is, you're missing out on some key nutrients, like fibre, when you discard the skins, stems, and seeds.

You need a machine that can break down whole foods, ice and seeds — leaving no ingredient unblended and no nutrient behind. Luckily, the Nutri Ninja® Auto-iQ® Pro Complete does that and a whole lot more. Make a delicious drink that captures all of the nutrients and vitamins your ingredients have to offer, even those that would usually end up in the trash. Try that in your regular blender. (Just kidding, don't actually do that.)

*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.



HIGH-PERFORMANCE BLENDING

DEAR ICE, ANY LAST WORDS?

Some traditional blenders might spin at high speeds, but the Nutri Ninja® Auto-iQ® Pro Complete combines high speed and power with a unique blade design and Auto-iQ® Technology to crush through the toughest ingredients and blend frozen fruit for refreshing, flavourful smoothies, milkshakes, and drinks. It's a winning combination that goes above and beyond nutrient and vitamin extraction* capabilities. Plus, winning is fun.

*Extract a nutritious drink containing vitamins and nutrients from fruits and vegetables.



PUT IT IN
SMOOTH
CONTROL.

SEE, FEEL, AND TASTE THE DIFFERENCE

Ninja® has set a new standard in drink customisation. Now you can achieve a level of smoothness you never thought possible — all at the touch of a button.

Whether you want to crush ice and frozen fruit for refreshing, deliciously drinkable nutrient juices in seconds or whip up perfectly smooth drinks and smoothies, Auto-iQ® Smooth Boost™ puts you in the driver's seat. So, you have the power to control the texture and consistency of your beverage.



QUICK TIPS

For refreshing, deliciously drinkable nutrient juices in seconds, make sure **SMOOTH BOOST "YES"** is illuminated, then press **EXTRACT**.

To whip up perfectly smooth drinks and smoothies, be sure **SMOOTH BOOST "YES"** is illuminated, then press **BLEND**.

If you'd prefer more texture and fullness in your drink, press **SMOOTH BOOST**, so that **"NO"** is illuminated. Then press **EXTRACT** or **BLEND**.



LOAD IT UP

Now it's time to take your Nutri Ninja® Auto-iQ® Pro Complete for a spin. When it comes to loading the containers, order is everything. Use these Quick Tips and visual guide to ensure your recipes turn out smooth and delicious every time.

QUICK TIPS



Make sure the Stainless Steel Nutri Ninja® cup is clean and dry to prevent ingredients from sticking or freezing to the sides.



Don't overfill the Nutri Ninja® cups. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.

 **CAUTION:** Do not blend hot liquids.



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 more juice-like drink, add liquid as desired.

2

Next, add leafy greens and herbs.

START FROM THE BOTTOM UP

1

Start by adding fresh fruits and vegetables.

For best results, cut ingredients in 1-inch chunks.
(Note: Do not place frozen ingredients first in the Stainless Steel Nutri Ninja®).



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Sweet Spinach Detox

INGREDIENTS

1 green apple, cut in eighths	125ml apple juice
½-inch piece fresh ginger, peeled	125ml water
¼ lemon, peeled, seeds removed	1 tablespoon honey
15g baby spinach	4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Spiced Carrot

INGREDIENTS

2 medium carrots, peeled, cut in quarters	¼ teaspoon ground cinnamon
250ml carrot juice	Pinch of ground ginger
125g vanilla Greek yoghurt	8 ice cubes
2 teaspoons honey	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Pineapple Kick

INGREDIENTS

250g fresh pineapple chunks	1 lime, peeled, cut in half
½ small jalapeño pepper, seeds removed	1 medium naval orange, peeled, cut in quarters
½-inch piece fresh ginger, peeled	4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 2 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Cranberry-Oat Soother

INGREDIENTS

65g walnut pieces	1 tablespoon honey
100g whole-berry cranberry sauce	Pinch of salt
250ml oat milk	12 ice cubes
3 drops of vanilla essence	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 1 (510ml) serving

Chai-Spiced Eye Opener

INGREDIENTS

- 1 ripe pear, cored, cut in quarters
- ¼-inch piece fresh ginger, peeled
- 30g baby spinach
- 250ml brewed, chilled chai tea
- 2 teaspoons fresh lemon juice
- Pinch of salt
- 75g frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Blueberry Chill

INGREDIENTS

- | | |
|---|-----------------------|
| 75g chopped red cabbage | 75g watermelon chunks |
| 1 celery stalk, cut in half | 125ml water |
| ½ green apple, unpeeled, uncored, cut in half | 6 ice cubes |
| 100g blueberries | |

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (310ml) servings

Ginger Pear Defence

INGREDIENTS

1/4-inch piece fresh ginger, peeled
1 ripe pear, cored, cut in quarters
2 teaspoons fresh lemon juice
550ml cold water
Honey, to taste

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.

Prep time: 5 minutes
Container: 650ml Stainless Steel Nutri Ninja®
Makes: 2 (285ml) servings

Orange Blush

INGREDIENTS

75g fresh watermelon chunks
180ml orange juice
150g frozen strawberries
4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 6 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (310ml) servings

Lean Green Ninja

INGREDIENTS

½ small ripe banana	10g baby spinach
75g fresh pineapple chunks	125ml coconut water
75g fresh mango chunks	8 ice cubes
10g kale leaves	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes
Container: 650ml Stainless Steel Nutri Ninja®
Makes: 2 (310ml) servings

Island Mood Boost

INGREDIENTS

100g fresh pineapple chunks	100g frozen strawberries
1 small ripe banana	100g frozen mango chunks
375ml coconut water	

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.

Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 1 (400ml) serving

Rainbow Smoothie

INGREDIENTS

¼-inch piece fresh ginger, peeled
 7 green grapes
 ¼ navel orange, peeled
 1 ½-inch piece carrot, peeled
 1 ½-inch piece celery
 30g fresh pineapple chunks
 ¼ small green apple, cut in half
 30g fresh blueberries
 ¼ vine-ripened tomato, cut in half
 1-inch piece cucumber, cut in half
 ¾-inch piece beet, peeled
 10g spinach
 ½ teaspoon flaxseed
 4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Stainless Steel Nutri Ninja®
Makes: 1 (340ml) serving

Melon Mint Chiller

INGREDIENTS

150g fresh honeydew melon chunks	15g spinach
¼ medium cucumber, cut lengthwise	2 or 3 mint leaves
¼ lime, peeled	4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Stainless Steel Nutri Ninja®
Makes: 1 (450ml) serving

Berries Galore

INGREDIENTS

1 orange, peeled, cut in quarters
60g blackberries
60g raspberries
30g blueberries
4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (285ml) servings

Coconut Mango Energyade

INGREDIENTS

100g fresh mango chunks
5g fresh mint leaves
500ml coconut water

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Store in refrigerator up to 3 days.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (310ml) servings

Two-Berry Tea

INGREDIENTS

30g fresh blueberries

½ small ripe banana

300ml chilled green tea

30g frozen strawberries

8 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (285ml) servings

Cherry Café Smoothie

INGREDIENTS

125ml strongly brewed, chilled decaffeinated coffee

125g fat free vanilla yoghurt

2 teaspoons agave nectar

4 teaspoons unsweetened cocoa powder

200g frozen cherries

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 1 (570ml) serving

Banana & Oats

INGREDIENTS

- 1 tablespoon walnut pieces
- 1 small ripe banana
- 250ml skimmed milk
- 125g fat free vanilla yoghurt
- 50g cooked, chilled oatmeal
- ¼ teaspoon ground cinnamon

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 1 (570ml) serving

Top O' The Mornin'

INGREDIENTS

- 1 small ripe banana
- 1 orange, peeled, cut in half
- 250ml vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 4 ice cubes

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Servings: 1 (450ml) serving

Frozen Peach & Berry Parfait

INGREDIENTS

25g plain granola

65g frozen peaches

125g vanilla Greek yoghurt

60g frozen mixed berries

180ml vanilla almond milk

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



TIP

Add an extra tablespoon of cocoa powder for a richer smoothie.

Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Servings: 1 (625ml) serving

Mighty Mocha Protein Smoothie

INGREDIENTS

125ml strongly brewed, chilled coffee

1 small frozen ripe banana

125ml chocolate almond milk

8 ice cubes

1 scoop chocolate protein powder

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

TIP

Add a large scoop of crème fraîche to make this soup rich and creamy.

Prep time: 5 minutes
Cook time: 15-20 minutes
Container: 650ml Nutri Ninja®
Makes: 2 (225ml) servings

Tomato Basil Soup

INGREDIENTS

1 tin (400g) chopped tomatoes	1 tablespoon tomato puree or paste
1 clove garlic	Pinch of salt
5g fresh basil	Twist of black pepper
200g tinned vegetable soup (half a tin)	

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend until smooth, about 1 minute.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.

DO NOT blend hot liquids.



Prep time: 5 minutes
Cook time: 10 minutes
Container: 650ml Nutri Ninja®
Makes: 4 (170ml) servings

Pep in Your Step Soup

INGREDIENTS

3 red bell peppers, peeled, roasted	10g flat leaf parsley, trimmed
30g sun-dried tomatoes	200g tinned vegetable soup (half a tin)
2 cloves garlic	Salt and pepper, to taste
100ml white wine	Balsamic vinegar, for garnish

DIRECTIONS

1. Place all ingredients, except vinegar, into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Transfer to a medium saucepan and simmer until heated through, about 10 minutes. Serve warm, garnished with a splash of balsamic vinegar.

DO NOT blend hot liquids.



TIP

Try this dressing on greens, fruit, or even a chicken breast.

Prep time: 10 minutes
Container: 650ml Nutri Ninja®
Makes: 375ml

Apricot-Mustard Dressing

INGREDIENTS

2 tablespoons fresh thyme leaves	3 tablespoons olive oil
2 tablespoons Dijon mustard	3 tablespoons honey
50ml rice wine vinegar	150g apricot jam
100ml fat free sour cream	½ teaspoon salt

DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend for 30 seconds.

**TIP**

Add olives, roasted garlic, or roasted red peppers to give this recipe your own personal twist.

Prep time: 5 minutes
Container: 650ml Nutri Ninja®
Makes: 300g

Classic Hummus

INGREDIENTS

1 tin (400g) chickpeas, drained, liquid reserved
5 tablespoons chickpea liquid
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 clove garlic

1 tablespoon tahini
½ teaspoon ground cumin
½ teaspoon salt
Cut vegetables and pitta chips, for dipping

DIRECTIONS:

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pitta chips.

Prep time: 10 minutes
Container: 650ml Nutri Ninja®
Makes: 500g

Walnut Red Pepper Dip

INGREDIENTS

1 jar (200g) roasted red peppers	1 teaspoon ground cumin
Half a pitta bread	4 tablespoons / 60ml olive oil
50g walnuts	Pinch of salt
2 tablespoons fresh lemon juice	Pinch ground black pepper
2 tablespoons tomato paste	Cut vegetables and pitta chips, for dipping
¼ teaspoon dried chilli peppers	

DIRECTIONS

1. Drain peppers and reserve liquid in a small bowl. Tear pita bread in 1-inch pieces and place in bowl of liquid to soften, about 3 minutes.
2. Place softened pita bread and remaining ingredients, except cut vegetables and pita chips, into the 650ml Nutri Ninja.
3. PULSE 3 times, then select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pita chips.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (285ml) servings

Frozen Hot Chocolate

INGREDIENTS

- 250ml low fat milk
- 25g powdered milk
- 2 ½ tablespoons unsweetened cocoa powder
- 2 tablespoons agave nectar
- Pinch of salt
- 12 ice cubes

DIRECTIONS

1. In a bowl, combine half of the low fat milk with the 25g powdered milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until ingredients have formed a smooth paste.
2. Place ice into the 650ml Stainless Steel Nutri Ninja® followed by the paste and add the remaining milk.
3. Press Auto-iQ® BLEND.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (285ml) servings

Crushed Peppermint Frozen Frappé

INGREDIENTS

- 125ml almond milk
- 10 mint humbugs
- 175g low fat vanilla frozen yoghurt
- Peppermint sticks, for garnish

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Serve in small glasses garnished with peppermint sticks.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (250ml) servings

Mango Cream

INGREDIENTS

200ml coconut water

125g fat-free yoghurt

1 ½ tablespoons honey

225g frozen mango chunks

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (310ml) servings

Monkey Madness

INGREDIENTS

300ml almond milk

60g almond butter

1 tablespoon agave nectar

2 tablespoons unsweetened cocoa powder

1 small frozen ripe banana

8 ice cubes

DIRECTIONS

1. Place all the ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



Prep time: 5 minutes

Container: 650ml Stainless Steel Nutri Ninja®

Makes: 2 (285ml) servings

Iced Orange Chocolate Blast

INGREDIENTS

2 oranges, peeled, cut in quarters

80ml skimmed milk

1 ½ teaspoons honey

¼ teaspoon ground cinnamon

2 teaspoons unsweetened cocoa powder

175g vanilla frozen yoghurt

DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**NUTRI
NINJA**
Auto-iQ
ONE TOUCH INTELLIGENCE

