

The Ninja® Master Prep® Advantage



a low cal treat!

Mocha Frozen Fusion Lite

Ingredients

120ml of Strong Coffee
180ml Semi Skimmed or Skimmed Milk
2 Tbsp Lite Chocolate Syrup
1/2 Tsp No-calorie Sweetener
280g Ice

1

Place the 4-blade set into the Master Prep® Pitcher



2

Combine all of ingredients in the pitcher



3

Attach the pitcher splash guard and Master Pod



4

Use long pulses until smooth



5

Pour and enjoy!



Fresh Tomato Salsa

Ingredients

4 Salad Tomatoes, cut into 4 pieces
1/4 Small White Onion
1 Fresh Green Chilli, split and deseeded
8 Fresh Coriander Leaves
1/2 Tsp Sugar
1/2 Tsp Salt
The Juice of Half a Fresh Lime
Pinch of Oregano
Pinch of Cumin

1

Place the 4-blade set into the Master Prep® Pitcher



2

Combine all of ingredients in the pitcher



3

Attach the pitcher splash guard and Master Pod



4

Use 5 short pulses for desired consistency



5

Garnish, serve and enjoy!



The colour of your Master Prep® Advantage may differ from the photos



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Master Pod



Splash Guard*
Features an easy-flip pour spout



Patented Ninja® Blade Technology*

Specifically designed for the 1.25 L Pitcher



Master Prep® Advantage Pitcher**

- 1.25 L
- No Slip Bottom
- Ergonomic Grip



* dishwasher safe
° microwave safe

Assembling & Handling the Ninja® Blade

Grab here when placing in pitcher



1

Grab top of assembly and place into container, make sure blade assembly is locked in place.

Blades should be secured on pin at bottom of bowl/pitcher.



2

Secure the Master Pod with your free hand when pulsing. **It's powerful!**



Please be very careful when handling the blades, they are extremely sharp!