

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



NINJA®

COLD PRESS JUICER



20 QUICK & EASY RECIPES



JUICING MADE SIMPLE

Welcome to the Ninja® Cold Press Juicer
Recipe Inspiration Guide.

Within this guide we've included a selection of recipes to help get you started with your juicer. You'll also find recipes that make use of your left-over fruit pulp so you can make sure nothing goes to waste.

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JUICING

Cold press juicing is a delicious way to get essential vitamins and nutrients your body needs. And they taste great, too. Find new ways to enjoy your favourite fruits and vegetables with our inspiring recipes. The healthy options are endless.



TIPS FOR THE PERFECT JUICE

Use the freshest and ripest fruits and vegetables, and wash them prior to juicing.

Always turn the juicer on before adding ingredients to the feed chute.

Add ingredients gradually, making sure all of them have been processed/moved through the feed chute chamber before adding more.

PEEL OR NO PEEL



LEAVE THE PEEL OR SKIN ON

for ingredients such as apples, pears, peaches, plums, cucumbers and carrots.



REMOVE PEEL, SKINS AND RINDS

from ingredients such as citrus fruits, melons, pineapples, mangoes, pomegranates, beetroot, ginger, papaya and root vegetables.

PREP

For best results, cut ingredients in 5cm pieces.



REMOVE STEMS

from apples (no need to remove the core or seeds). Remove stems from herbs, if desired.



REMOVE LARGE STONES AND SEEDS

from ingredients such as mangoes, plums, peaches, cherries, papayas, lemons, melons and peppers.

REMINDERS



Do not process ingredients that do not contain juice, such as bananas and avocados.



Do not process frozen fruits and vegetables or ice.

TOTAL PULP CONTROL

Pulp is made up of fibre from the part of the fruit that holds juice and flavour. Whether you like your juices smooth or pulpy, you can use these filters to make them just the way you want. The filters also allow you to funnel pulp into the pulp container, so you can easily use it for pulp recipes.



LOW PULP

FILTER

Use the black filter with the smallest holes for juice with minimal pulp.



MEDIUM PULP

FILTER

Use the grey filter with the larger holes for juice with some pulp.



HIGH PULP

FILTER

Use the orange filter with the largest holes for juice with lots of pulp.

FOR BEST RESULTS, we recommend using the **Medium Pulp** filter or the **High Pulp** filter when processing soft fibrous fruits like berries, melons and pineapple.

JUICE
SHOT
RECIPE



ZINGER SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (APPROX. 30ml EACH)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 2 lemons, remove peel and pith, cut in quarters
- 5cm piece ginger, peeled
- Pinch cayenne pepper

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir shots and serve immediately.

TIP If too bitter, dilute with water or add fruit juice of choice.

TIP Reduce spice by omitting cayenne and reducing ginger to a 2.5cm piece.

GREEN MACHINE SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (APPROX. 30ml EACH)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 20g spinach
- 15g fresh parsley leaves and stems
- 1/2 green apple, cut in 5cm pieces
- 1 stalk celery, cut in 5cm pieces
- 1/2 lime, remove peel and pith, cut in half

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir shots and serve immediately.

JUICE
SHOT
RECIPE



JUICE
RECIPE



TART PEAR BERRY JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 grapefruit, remove peel and pith, cut in eighths
- 1 pear, cut in 5cm pieces
- 75g strawberries, hulled, cut in quarters
- 75g blackberries

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

CITRUS MINT JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 orange, remove peel and pith, cut in quarters
- 1 green apple, cut in 5cm pieces
- 20g fresh mint leaves and tender stems

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

JUICE
RECIPE





**JUICE
RECIPE**

SWEET GREENS JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR HIGH PULP (ORANGE)

INGREDIENTS

- 150g honeydew melon, cut in 5cm pieces
- 150g pineapple, cut in 5cm pieces
- 75g cucumber, cut in 5cm pieces
- 60g spinach

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

PINK JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 medium beetroot, peeled, cut in 5cm pieces
- 3 carrots, peeled, trimmed, cut in 5cm pieces
- 1/2 green apple, cut in 5cm pieces
- 1 lemon, remove peel and pith, cut in quarters
- 2.5-5cm piece ginger, peeled

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.



**JUICE
RECIPE**



JUICE
RECIPE

APPLE, PINEAPPLE & CELERY JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1/2 green apple, cut in 5cm pieces
- 150g pineapple, cut in 5cm pieces
- 3 stalks celery, cut in 5cm pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

SOUR POMEGRANATE JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 grapefruit, remove peel and pith, cut in eights
- 1/2 green apple, cut in 5cm pieces
- 150g pomegranate seeds

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.



JUICE
RECIPE

COMBO
JUICE
RECIPE



MELON QUENCHER JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

150g watermelon, cut in 5cm pieces

150g cantaloupe, cut in 5cm pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Melon Quencher Margaritas on the next page, be sure to save the pulp and juice.

MELON QUENCHER MARGARITAS

PREP: 5 MINUTES

MAKES: 4 SERVINGS (APPROX. 240ml EACH)

INGREDIENTS

75g Melon Quencher Juice pulp

80ml Melon Quencher Juice

60ml triple sec

160ml tequila

500g ice cubes

DIRECTIONS

1. Place all ingredients in a blender pitcher in the order listed and blend until smooth.

COMBO
PULP
RECIPE



COMBO
JUICE
RECIPE



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BERRY BURST JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 150g strawberries, hulled, cut in quarters
- 150g pineapple, cut in 5cm pieces
- 1 orange, peeled, cut in quarters
- 75g blueberries
- 75g raspberries

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Berry Burst Granola on the next page, be sure to save the pulp.



COMBO
PULP
RECIPE

BERRY BURST GRANOLA

PREP: 10 MINUTES

BAKE: 25-30 MINUTES

MAKES: APPROX. 800g

INGREDIENTS

- 400g rolled oats
- 180g mixed unsalted nuts, roughly chopped
- 50g unsweetened coconut flakes
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 100g coconut oil, melted
- 125ml runny honey
- 1 teaspoon vanilla extract
- 75g Berry Burst Juice pulp or any desired fruit pulp

DIRECTIONS

1. Preheat oven to 180°C and line a baking sheet with parchment paper.
2. In a large bowl, combine oats, nuts, coconut flakes, salt and cinnamon.
3. Add the coconut oil, honey, vanilla extract and fruit pulp to the oat mixture and stir until evenly coated. Pour the mixture onto the prepared pan and use a spatula to spread it in an even layer.
4. Place baking sheet in the oven and bake for 25-30 minutes or until golden brown, stirring halfway through cooking.
5. Let granola cool completely before serving—it will crisp up as it cools.
6. Store granola in an airtight container at room temperature up to 2 weeks.



COMBO
JUICE
RECIPE

HEALTHY START VEGGIE JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING (APPROX. 240ml)

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 green apple, cut in 5cm pieces
- 2 stalks celery, cut in 5cm pieces
- 1/2 red pepper, seeded, cut in 5cm pieces
- 2 carrots, peeled, trimmed, cut in 5cm pieces
- 1/2 lemon, remove peel and pith, cut in half
- 15g fresh parsley leaves and stems

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed.* For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

*If making the Veggie Cream Cheese Spread on the next page, remove the apple pulp before juicing the remaining ingredients. This will ensure the cream cheese isn't too sweet.

VEGGIE CREAM CHEESE SPREAD

PREP: 5 MINUTES

MAKES: 300g

INGREDIENTS

- 225g cream cheese, softened
- 75g Healthy Start Juice pulp

OPTIONAL SEASONING

- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1-2 teaspoons chili powder

DIRECTIONS

1. In a medium bowl, add softened cream cheese and vegetable pulp. If desired, add optional seasonings. Use a hand mixer or rubber spatula to combine.
2. Serve as a spread for bagels and crackers or a dip for vegetables.



COMBO
PULP
RECIPE

COMBO
JUICE
RECIPE



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TROPICAL TWIST JUICE

PREP: 5 MINUTES

MAKES: 1 SERVING

FILTER: MEDIUM PULP (GREY) OR
HIGH PULP (ORANGE)

INGREDIENTS

- 1 orange, peeled, cut in quarters
- 150g pineapple, cut in 5cm pieces
- 1 mango, peeled, cut in 5cm pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Tropical Twist Ice Pops on the next page, be sure to save the pulp.

COMBO
PULP
RECIPE



TROPICAL TWIST ICE POPS

PREP: 5 MINUTES

FREEZE: 8 HOURS-OVERNIGHT

MAKES: 4 SERVINGS

INGREDIENTS

- 240ml Tropical Twist Juice
- 175g Tropical Twist Juice pulp

DIRECTIONS

1. Mix the juice and pulp together until combined.
2. Divide mixture evenly between 4 ice pop molds (125g each).
3. Freeze at least 8 hours or overnight.

TIP

You can also freeze the mixture in ice cube trays.

PULP
RECIPE



KALE PULP PESTO

PREP: 10 MINUTES

MAKES: 500g

INGREDIENTS

200g kale pulp
180ml olive oil
15g fresh basil leaves
75g toasted pine nuts
2 garlic cloves, peeled
50g grated Parmesan cheese
½ teaspoon salt
½ teaspoon ground black pepper

DIRECTIONS

1. Place all ingredients in a food processor in the order listed and pulse until smooth.
2. Once processing is complete, toss pesto with pasta, use as a sauce for pizza, or as a spread on sandwiches.

TIP

If you're not a fan of kale, swap it out for spinach or another green.

PULP PARFAIT

PREP: 10 MINUTES

MAKES: 2 SERVINGS

INGREDIENTS

175g granola
(see Berry Burst Granola)
375ml yogurt
150g fruit pulp of choice

DIRECTIONS

1. Place 45g granola in a jar or tall glass. Follow with 90ml yogurt and a ¼ of fruit pulp.
2. Repeat layers twice.
3. Repeat steps 1 and 2 in a second jar, then serve.

PULP
RECIPE





PULP PANCAKES

PREP: 10 MINUTES
COOK: 15 MINUTES
MAKES: 6-8 PANCAKES

INGREDIENTS

225g plain flour
1 tablespoon baking powder
Pinch of salt
50g granulated sugar
1-2 teaspoons ground cinnamon
250ml milk
100g fruit or vegetable pulp of choice
1 teaspoon vanilla extract
1 tablespoon oil
Cooking spray

DIRECTIONS

1. In a bowl, whisk together flour, baking powder, salt, sugar and cinnamon.
2. Create a well in the centre of the dry ingredients and gradually add the milk, pulp, vanilla extract and oil. Mix until well combined; set aside.
3. Place a frying pan over medium heat and coat with cooking spray. Once the pan is hot, spoon a ladleful of batter into the pan. Allow pancakes to cook until bubbles start to form on the surface. Flip and continue to cook until underside is lightly browned.
4. Repeat step 3 with remaining batter and serve warm with your favourite toppings.

MINISTRONE SOUP

PREP: 15 MINUTES
COOK: 35-50 MINUTES
MAKES: 6-8 SERVINGS

INGREDIENTS

2 tablespoons olive oil
2 garlic cloves
1 medium onion, peeled, diced
2 tablespoons tomato puree
250g carrot pulp
1 large courgette, diced
4 stalks celery, cut in 1cm pieces
2 cans (400g each) chopped tomatoes
1L chicken or vegetable broth
2 tablespoons Italian seasoning
1 can (400g) kidney or cannellini beans
1 box (500g) ditalini or another pasta shape
150g kale leaves, chopped
150g grated Parmesan cheese

DIRECTIONS

1. Place a large pot over medium heat and add olive oil.
2. Once pot is hot, add the garlic and onion and cook until translucent, approximately 5-7 minutes.
3. Add tomato puree, stir to evenly combine and sauté for 2 minutes.
4. Add remaining ingredients except beans, pasta, kale and cheese and bring to a boil. Once boiling, reduce heat to low and allow soup to simmer until vegetables are tender, approximately 30 to 45 minutes. Stir in beans after 15 minutes.
5. While soup is cooking, cook and drain pasta according to the box instructions in a separate pot. (Cooking the pasta separately helps keep it from absorbing the soup and getting mushy when storing leftovers.)
6. Once the vegetables are tender, add chopped kale and stir to combine, then cook 1 minute or until wilted.
7. Serve each bowl of soup over 75g cooked pasta and top with Parmesan cheese.

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