Cleaning

STUCK-ON INGREDIENTS IN THE POWER NUTRI™ BOWL?

NOTE: For best results, use a dishwasher to remove stuck-on ingredients.

- 1. Rinse the bowl and blade assembly under WARM WATER after processing.
- 2. Fill the bowl with warm water up to the top of the Power Paddle and add 1 or 2 SMALL DROPS of washing-up liquid.
- 3. Select MIX and press START/STOP. Twist the Power Paddle anti-clockwise continuously while processing.
- 4. Once complete, empty contents and rinse under warm water.

NOTE: The Power Paddle in the Power Nutri™ Bowl is not removable.







STUCK-ON INGREDIENTS IN THE JUG OR CUP:

Fill jug with warm water up to the DOUGH MAX line and add 1 or 2 small drops of washing-up liquid. For the cup, fill halfway with warm water and add 1 small drop of washing-up liquid. Run the MIX program. Once complete, empty contents and rinse under warm water. Refer to the Instructions for more information.



Dishwasher

Containers, lids and blade assemblies are all dishwasher safe.



Hand-Washing

Wash containers, lids and blade assemblies in warm. soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle. Use the included cleaning brush to remove excess residue, such as when dealing with stuck-on ingredients, like doughs and batters.



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

For questions or to register your product, visit us online at ninjakitchen.co.uk





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



POWER NUTRI™ BLENDER 3-IN-1

QUICK START GUIDE

What's in the Box



Base



2.1L Power Nutri™ Jug



Total Crushing® & Chopping Blade **Assembly** (Stacked Blade Assembly)



Dough Blade Assembly



700ml Power Nutri™ Cup & Spout Lid



400ml Power Nutri™ Bowl with built-in Power Paddle & Storage Lid



Hvbrid Edge™ **Blades Assembly**



Cleaning Brush

Use to remove excess residue when cleaning, such as when dealing with stuck-on ingredients like doughs and batters.

AUTO-iQ®

Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete.

Use the dial to select the desired program, then press START/STOP to begin. Use the power button to turn the unit on or off. START STOP CRUSH MIX POWER Use the power button to turn the unit on or off.

NOTE:

The unit can detect if the jug or the cup/bowl is installed on the motor base.

Only the programs available for a particular container will illuminate on the control panel.

Use the Power Nutri™ Jug with these programs for blending and processing



BLEND CRUSH
Fruit Smoothie Ice Drink
Milkshakes Green Smoothie

MIX Smoothie Bowl Sorbet PUREE Sauces Dips **CHOP**Salad
Vegetables

Use the Power Nutri™ Cup with the drinks programs

Use the Power Nutri™ Bowl with these programs to create thicker outputs



BLEND Fruit Smoothie Milkshakes

CRUSHIce Drink
Green Smoothie

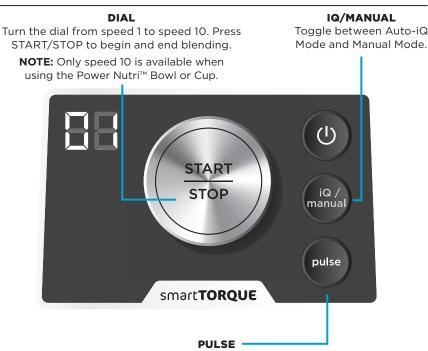
POWERMIX Houmous Pâté

MIX Smoothie Bowl Frozen Yogurt

MANUAL

Go manual for total control of your blending speed and textures. Dial down the speed for heavy loads like dough, or crank up the speed for smoothies. Continuously runs up to 60 seconds. Press START/STOP at any time to end program sooner.

NOTE: In Manual mode, Auto-iQ® programs will not illuminate on the control panel.



Use short presses for short pulses and long presses for long pulses.

USING TOTAL SPEED CONTROL & THE JUG

NOTE: ONLY USE SPEEDS 1 OR 2 WHEN USING THE DOUGH BLADE ASSEMBLY.

START SLOW

Always start at a low speed (1-3) to better incorporate ingredients and prevent them from sticking to the sides of the vessel.

DIAL UP THE SPEED

Smoother blends call for higher speeds. Low speeds are great for chopping vegetables and mixing dough, but you'll need to ramp up for purees and dressings.

HIGH-SPEED BLENDING

Blend until your desired consistency is reached. The longer you blend, the better the breakdown and smoother the outcome will be.

Assembling the Jug



assembly by the top

of the shaft, insert

it into the jug.



Fill jug with desired ingredients. Install the lid, then lower lid handle to lock in place.



Place jug on base. Slightly align handle to the right so the LOCK symbols are visible on the motor base. Rotate clockwise until jug clicks into place.

Blending

PRESS THE POWER () BUTTON TO TURN THE UNIT ON.



Use the dial to select an Auto-iQ® program or manual speed, then press START/STOP to begin blending.



When blending is complete, turn jug anti-clockwise and lift to remove.



3.

To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.



NOTE: Only use speeds 1 or 2 when using the Dough Blade Assembly.

For thicker mixtures

Press **RELEASE** button and lift handle to remove lid. then carefully lift out blade assembly before removing contents. Remove contents from blade assembly by using a spatula.



WARNING: Blade assembly is sharp and not locked in place. Make sure lid is locked onto jug before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Instructions for additional information.

Dough making

Loading tips for making different doughs and batters.









COOKIES

Unit can make a max of 24 28g cookies at a time.

- 1 Add sugars, cubed softened butter, eggs and liquids (such as vanilla extract). Press IQ/ MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 2 until combined.
- **3** Remove dough blade and add mix-ins (such as chocolate chips, raisins and nuts). Stir to combine.







PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30cm round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast and oil. Then add dry ingredients. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/ STOP and mix until fully combined.
- 2 Remove dough ball and knead to combine, if needed.







PASTRIES. PIES & SCONES

Unit can make 8 scones and one 30cm round pie crust at

- 1 First add dry ingredients, cubed cold butter or shortening. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add cold liquids (such as cold milk or water) and run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine. if needed.







CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 30cm round cake, one 20cm x 20cm tin brownies, 12 muffins or one 20cm x 10cm loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs and liquids (such as vanilla extract). Press IQ/ MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 2 until
- 3 Add mix-ins (such as chocolate chips, raisins and nuts). Press iQ/Manual and, with Speed 1 selected, press START/STOP. Blend until combined.

Food prep











PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery and courgette in 5cm pieces and broccoli or cauliflower florets into 2cm pieces. Cut ingredients such as onions in guarters.







consistent chopping results.

CHOP PROGRAM

• Run program once for a large chop, twice for a small chop and three times for a mince.

• Timed pulses and pauses give you



• Trim excess fat and connective tissue. Cut meat in 5cm cubes.

Assembling the Power Nutri™ Bowl & Power Nutri™ Cup



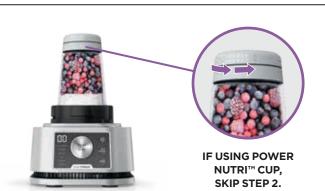
Fill container with desired contents. Screw on the blade assembly until you have a tight seal.



Flip container upside down and install on base. Rotate clockwise until it clicks into place.

Blending

PRESS THE POWER () BUTTON TO TURN THE UNIT ON.



Use the dial to select an Auto-iQ® program or manual speed, then press START/STOP to begin blending.

If using the Power Nutri™ Bowl, twist the Power Paddle anti-clockwise continuous/v while processing.

2.



When blending is complete, remove the container from base. Then, remove the blade assembly from container.

Taking It To Go?

Place the Storage Lid or Spout Lid on top of the bowl or cup and turn clockwise to seal.

NOTE: DO NOT microwave or freeze the Power Nutri™ Bowl or Power Nutri™ Cup.





DID YOU KNOW?

Smoothie bowls are thicker & spoonable, compared to smoothies which are thinner & drinkable.

SMOOTHIE BOWL BASICS

USING THE POWER NUTRI™ BOWL



Add milk or a milk alternative such as soy, coconut, almond or oat milk, up to the LIQUID FILL line.

ALWAYS DO THIS FIRST.







Add frozen fruit, directly from freezer and/or acai*, up to the MAX FILL line.

Cut larger fruit like bananas, in quarters. *If using açai thaw slightly and cut in quarters.









3. (Optional)

Amplify your base by adding 1 scoop of yogurt, flavour powder, protein powder and/or nut butter.



Screw on the blade assembly and install the bowl on the motor base.

Select MIX and press START/STOP. Twist the Power Paddle anti-clockwise continuously while processing.











After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.

