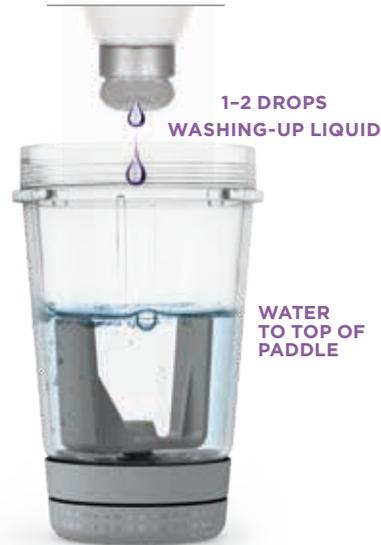


# Cleaning

## STUCK-ON INGREDIENTS IN THE POWER NUTRI™ BOWL?

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 paddle and add **1-2 SMALL DROPS** of washing-up liquid.
3. Screw on the blade assembly and press **MIX**. Twist the Power Paddle **anti-clockwise continuously** while cleaning.
4. Once complete, empty contents and rinse under warm water.



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



### Dishwasher

Containers, lids and blade assembly are **ONLY** dishwasher safe on the top rack.



### Hand-Washing

Wash containers, lids and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle.



**WARNING:** Handle the blade assembly 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](http://ninjakitchen.co.uk)



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

**NINJA**  
**Foodi**  
**POWER NUTRI™**  
**BLENDER 2-IN-1**

# QUICK START GUIDE

## What's in the Box



## Using the Unit

**START/STOP**  
Press once to start continuous running up to 60 seconds; press again to stop.

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

Use the **POWER NUTRI™ CUP** with the drinks programs

Use the **POWER NUTRI™ BOWL** with these programs to create thicker outputs

**BLEND**  
Fruit Smoothie  
Milkshake

**CRUSH**  
Ice Drink  
Green Smoothie

**MIX**  
Smoothie Bowl  
Frozen Yogurt

**POWERMIX**  
Houmous  
Pâté



### Auto-iQ® Programs

Intelligent preset programs combine unique blending and pausing patterns that do the work for you.

### Tips

START/STOP and PULSE cannot be used in conjunction with any Auto-iQ programs.

To stop running an Auto-iQ program before it's done, press the currently active button again.

## Assembly



1.

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



OR

2.

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

## Blend & Enjoy



1.

Select any program to begin blending.



IF USING POWER NUTRI™ CUP, SKIP STEP 2.

2.

If using the Power Nutri™ Bowl, twist the Power Paddle anti-clockwise **continuously** while processing.



3.

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.



**WARNING:** Handle the blade assembly with care, as the blades are sharp.



**DID YOU KNOW?**  
Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

# SMOOTHIE BOWL BASICS

## USING THE POWER NUTRI™ BOWL



1.

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

**ALWAYS DO THIS FIRST.**



2.

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

Cut larger fruit like bananas, in quarters.

**If using açaí, 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.



4.

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

Select **MIX** and twist the Power Paddle **anti-clockwise continuously** while processing.



5.

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