

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



NINJA® Foodi®

**POWER NUTRI
BLENDER 4-IN-1**

QUICK & EASY RECIPES

For more visit
cookingcircle.com



Your guide to blending, prepping and mixing like a Foodi.®

Welcome to the Ninja® Foodi® Power Nutri 4-in-1 Blender with Food Prep recipe book. From here you're just a few pages away from helpful information on using the vessels, helpful tips and a selection of great recipes to give you the confidence to make everything from smoothie bowls and nut butters to frozen drinks, smoothies, salsas and dough. Now let's get started.



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Using the Power Nutri Cup

Auto-iQ Programs for the Power Nutri Cup

BLEND

Combine your favourite fresh or frozen ingredients to make smoothies, milkshakes or protein shakes.

CRUSH

Designed to handle the toughest ingredients like nuts, seeds and even ice to make drinks, from super healthy green drinks to cocktails.

Load it up

Do not go past the MAX LIQUID line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge Blades Assembly to the cup, remove some ingredients.



PREP TIPS

For best results, cut ingredients in 2.5cm pieces. Place frozen ingredients in the cup last.

**BUILT-IN
Power Paddle**



Introducing the XL POWER NUTRI BOWL

It's never been easier to create thick and spoonable smoothie bowls, nut butters and more. All you have to do is twist the Power Paddle while blending to push ingredients down towards the blade. It's like having a built-in tamper.

MIX
Smoothie Bowl
Frozen Yogurt

POWERMIX
Houmous
Pâté



DID YOU KNOW?

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



Smoothie bowl for one

USING THE XL POWER NUTRI BOWL WITH THE MIX PROGRAM



1.

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

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer** and/or açai* 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.



4.

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.

5.
After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.





Smoothie bowls for a crowd

USING THE POWER JUG WITH THE MIX PROGRAM



1.

With the Stacked Blade Assembly installed in the jug, add milk or milk alternative such as soy, coconut, almond or oat milk up to the 500ml line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer** and/or açai* up to the 1.3L line.

Cut larger fruit, like bananas, in quarters.

***If using açai, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 2 scoops of yogurt, flavour powder, protein powder and/or nut butter.



4.

Install lid, then install jug on the motor base.

Select **MIX** and press **START/STOP**.

If more blending is needed, run on Speed 10 until combined.

5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.



Smoothie bowl colour guide

Trying to make your bowl pop in a certain colour?
Use this ingredient guide to achieve the look you want.



Blending

Tips to set yourself up for blending success.

Do not go past the MAX LIQUID line when loading the Jug.

Overfilling the jug with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

- 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 juice-like drink, add more liquid.
- 2  Next add leafy greens and herbs.
- 1  Start with fresh fruits and vegetables. For best results, cut into 2.5cm pieces.

The following programs can be used with the jug and Flat Lid: **Blend, Crush, Mix, Puree and Chop.**

NOTE: When using the stacked blade assembly use the flat lid.

Food prep

Tips to simplify your food processing and chopping.



Total Crushing® and Chopping Blade Assembly (Stacked Blade)



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 quarters.



PREPPING MEAT

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

CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop and three times for a mince.



WARNING: Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Instructions for additional information.

Food Processing

Tips and tricks for the slicing/grating disc.

NOTE: Install the disc spindle in the jug before installing the disc.



REVERSIBLE SLICING/GRATING SLICE

This disc is perfect for outputs like thinly sliced cucumbers and grated carrots. Face the side labelled "SLICER" up for slicing and face the side labelled "SHREDDER" up for grating.

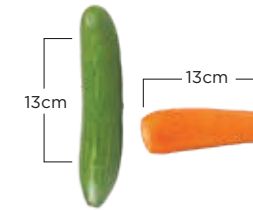


GRATING



SLICING

WARNING: Ensure cheese is thoroughly chilled before slicing or grating.



FOOD PREP TIPS

Trim ingredients so they are in 10-13cm pieces or slightly over the height of the feed chute.

DO NOT cut ingredients smaller than the height of the feed chute.



Cut both ends off ingredients to create flat surfaces. Trim tapered ingredients like carrots to make them more symmetrical.



Larger ingredients, such as potatoes, may need to be cut in half lengthwise.

USING THE 2-PART PUSHER

Use the 2-part food pusher to help guide the food through the feed chute. The middle piece of the food pusher is removable to use for narrow ingredients, such as carrots. Rotate the top clockwise and lift to separate the pieces.

Dough basics

Tips and tricks for creating the perfect dough.



KNEADING

Once a dough ball forms, remove it from the jug and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat.

Kneading is complete when the dough is no longer sticky, is smooth on the outside and bounces back when pressed with your fingers.



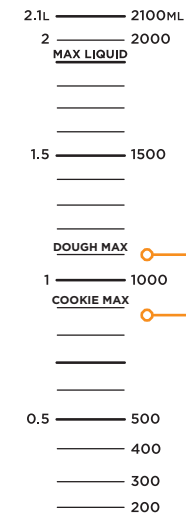
PROVING

Usually done for breads, proving is when the dough is allowed to rest and rise before baking. It gives bread a light and airy texture.

To create ideal proving conditions, heat oven to 50°C. Place dough ball in a greased oven-safe bowl and cover loosely with greased cling film. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to prove in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the jug. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

KITCHEN CONVERSION CHART

| ORIGINAL AMOUNT | HALF THE AMOUNT |
|-----------------|-----------------|
| 240ml | 120ml |
| 180ml | 90ml |
| 160ml | 80ml |
| 120ml | 60ml |
| 80ml | 40ml |
| 60ml | 30ml |
| 1 tablespoon | 1 1/2 tsp |
| 1 tsp | 1/2 tsp |
| 1/2 tsp | 1/4 tsp |
| 1/4 tsp | 1/8 tsp |

Dough basics cont.

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 1. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 1 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins and nuts). Stir to combine.



PASTRIES, PIES & SCONES

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

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

DOUGH TOO DRY?

Add water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of jug and dough ball forms.

If adding raising agent to flour, pulse a few times first to blend together, so there is no need to sift.



PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30cm round pizza, 8 pretzels or bagels or one bread loaf 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 1. Press START/STOP and mix until fully combined.
- 2 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 1. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients and run on Speed 1 until combined.
- 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.

DOUGH KICKSTARTER

Pizza Dough

PROGRAM: MANUAL | **PREP:** 20 MINUTES | **PROVE:** 45-60 MINUTES
CONTAINER: JUG | **BAKE:** 10-15 MINUTES | **MAKES:** 1 BASE

INGREDIENTS

| | |
|-----------------------------|-------------------------|
| 7g active dried yeast | 110ml olive oil |
| 1 teaspoon granulated sugar | 340g strong white flour |
| 240ml warm water (40°-45°C) | Pinch of salt |

DIRECTIONS



Install the dough blade in the jug. Place the yeast, sugar and warm water in the jug and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour and salt. Install the lid, Press iQ/manual and select Speed 1. Press START/STOP and mix until fully combined. Then, remove lid and dough blade.



Remove dough ball from jug and knead for two minutes. Refer to the Dough basics page for information on how to knead.



Place dough ball in a lightly oiled bowl. Cover loosely with greased cling film and allow to prove for 45-60 minutes or until dough has doubled in size. Refer to the Dough basics page for tips on how to rise/prove the dough.



Once dough ball has risen, preheat oven to 220°C. Roll dough out into a 30cm round and place on a greased baking sheet.



Add your favourite pizza toppings and bake for 10-15 minutes or until golden brown.

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

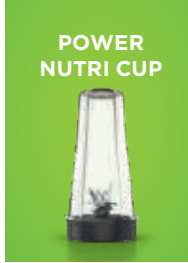
TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

BANANA CHOCOLATE MILKSHAKE

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

200g peeled bananas, halved
200ml semi-skimmed milk
1 tablespoon chocolate hazelnut spread
2 scoops vanilla ice cream



DIRECTIONS

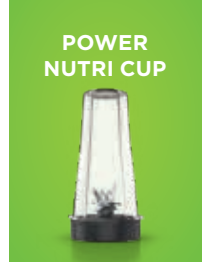
- 1 Place all ingredients into the cup in the order listed, then install the blade assembly.
- 2 Select BLEND, then press START/STOP.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.

MIXED BERRY PROTEIN SMOOTHIE

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

200ml milk
50ml yogurt
1-2 tablespoons honey or agave syrup
1 scoop protein powder
100g frozen mixed berries



DIRECTIONS

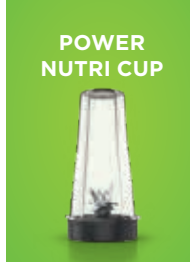
- 1 Place all ingredients into the cup in the order listed, then install the blade assembly.
- 2 Select BLEND then press START/STOP.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.

ICED COFFEE FRAPPÉ

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

INGREDIENTS

100ml espresso or very strong coffee, cooled
200ml chilled milk
1-2 tablespoons caramel or maple syrup
4 cubes of ice
Whipped cream for serving, if desired
Cocoa powder for serving, if desired



DIRECTIONS

- 1 Place all ingredients into the cup in the order listed.
- 2 Select BLEND then press START/STOP.
- 3 Remove blades from cup after blending. Top with whipped cream and sprinkle over cocoa powder if desired. Attach spout lid to enjoy on the go.

TROPICAL SMOOTHIE BOWL

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 1 SERVING

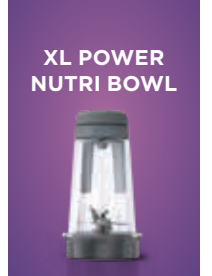
INGREDIENTS

Coconut milk
Frozen pineapple chunks
Frozen mango chunks
Sweetener of choice, as desired



DIRECTIONS

- 1 Pour coconut milk into the bowl, filling to the Liquid Fill line.
- 2 Add frozen pineapple, mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select MIX, then press START/STOP. Twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove blades after blending.
- 5 Decorate with toppings of your choice and serve.





BUTTER BEAN HOUMOUS

PROGRAM: POWER MIX

PREP: 5 MINUTES

CONTAINER: BOWL

MAKES: 4 SERVINGS

INGREDIENTS

1 can (400g) butterbeans, drained (save 50ml liquid) and rinsed

15ml lemon juice

30ml olive oil

1 garlic clove, peeled

1 teaspoon sea salt

1 teaspoon rose harissa paste

½ teaspoon sweet smoked paprika

Extra virgin olive oil and paprika to garnish

DIRECTIONS

- 1 Place all ingredients into the bowl in the order listed, then install the blade assembly.
- 2 Select POWER MIX, then press START/STOP. Twist Power Paddle anti-clockwise continuously while blending until the program is complete.
- 3 Remove blades after blending.



TIP Smoked sea salt gives an extra depth of flavour.

SUNDRIED TOMATO AND BASIL PESTO

PROGRAM: MIX

PREP: 5 MINUTES

CONTAINER: BOWL

MAKES: 4 SERVINGS

INGREDIENTS

200g sundried tomatoes in oil, drained

10g basil leaves

1 garlic clove

90ml olive oil

25g pine nuts

25g grated Parmesan cheese
or vegetarian equivalent

Salt and freshly ground black pepper



TIP If you prefer a chunkier pesto, PULSE at point 2 until the desired consistency is reached. Pesto can be stored in fridge for a week.



SMOKED GUACAMOLE

PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: BOWL
MAKES: 4 SERVINGS

INGREDIENTS

2 ripe avocado pears
1 teaspoon sunflower oil
½ small red onion, peeled and quartered
1 small red chilli, deseeded
1 garlic clove, peeled
1 large tomato, deseeded and quartered
10g fresh coriander, leaves
½ teaspoon smoked paprika
Juice of half a lime
Pinch of salt & pepper
Tortilla chips to serve



TIP If you prefer a chunky guacamole, PULSE 1-2 times.

**XL POWER
NUTRI BOWL**



RÖSTI POTATOES

PROGRAM: SLICE/MANUAL
PREP: 15 MINUTES
CONTAINER: JUG
MAKES: 4 SERVINGS

INGREDIENTS

500g potatoes, peeled
1 small onion, peeled and halved
1 garlic clove, minced
Salt and freshly ground black pepper
1 egg
25g butter
1 tablespoon sunflower oil



TIP Can be made into individual röstis.

**POWER
NUTRI JUG**



SLICING/GRATING

**POWER
NUTRI JUG**



DOUGH BLADE

DIRECTIONS

- 1 Cut potatoes to fit feed chute.
- 2 Place disc spindle in jug. Install Slicing/Grating Disc, SHREDDER side up over the spindle in the jug. Install the feed chute lid on jug. Guide potatoes through the chute with the food pusher. Select SLICE, press START/STOP. Repeat process with remaining potatoes and onions.
- 3 Carefully remove disc and spindle. Remove ingredients from jug and squeeze out any excess moisture from potato and onion.
- 4 Install dough blade in the jug. Add back potatoes, onions, garlic and egg into the jug. Season to taste. Press iQ/manual and select Speed 1. Press START/STOP to lightly mix.
- 5 Preheat a 24cm frying pan with butter and oil over a medium heat. Spoon rösti into pan, pack down lightly. Fry for 10-12 minutes each side, the rösti should have a golden thick crust.
- 6 Serve hot cut into wedges with a main course or smoked salmon.

COLESLAW WITH HONEY MUSTARD DRESSING

PROGRAM: SLICE
PREP: 15 MINUTES
CONTAINER: JUG
MAKES: 4-8 SERVINGS

INGREDIENTS

FOR THE DRESSING

6 tablespoons sunflower oil
2 tablespoons cider vinegar
1 tablespoon honey
1 tablespoon wholegrain mustard
Salt and freshly ground black pepper

FOR THE COLESLAW

200g carrots, peeled and cut 13cm lengths
1 small onion, peeled and cut into pieces that will fit feed chute
300g red cabbage, cut into pieces that will fit feed chute
Chopped herbs to garnish



DIRECTIONS

- 1 Install the stacked blade in jug. Add dressing ingredients to jug and install flat lid, then press PULSE 2-3 times until blended.
- 2 Remove stacked blade and install the disc spindle in jug. Place the Reversible Slicing/Grating Disc, SHREDDER side up on the spindle. Install feed chute lid and place carrots in feed chute. Select SLICE and press START/STOP then use the pusher to push carrots through the chute. Repeat with onion and red cabbage.
- 3 When processing is complete, remove the lid, disc and spindle. Remove grated vegetables from jug into a serving dish. Toss together with dressing and garnish with chopped herbs.

MEATBALLS

PROGRAM: CHOP
PREP: 10 MINUTES
COOK: 40 MINUTES
CONTAINER: JUG
MAKES: 4 SERVINGS

INGREDIENTS

60ml milk
55g bread crumbs
1/4 small onion, peeled, cut in 5cm pieces
2 garlic cloves, peeled
25g parsley leaves, chopped
500g uncooked minced beef
25g grated Parmesan cheese
1/2 teaspoon crushed chilli
1 egg, beaten
Sea salt, as desired
Ground black pepper, as desired
2 tablespoons plain flour
1 tablespoon sunflower oil
1 jar (500g) tomato or pasta sauce



DIRECTIONS

- 1 Preheat oven to 190°C.
- 2 Combine milk and bread crumbs in a small bowl and set aside.
- 3 Install stacked blade in the jug and place onion, garlic and parsley inside. Install the flat lid. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
- 4 Remove stacked blade. Install dough blade.
- 5 Place beef, bread crumb mixture, Parmesan, chilli flakes, egg, salt and pepper in jug. Re-install the flat lid in the Jug.
- 6 Press iQ/manual and select Speed 1. Press START/STOP until mixed together. Then, remove lid and dough blade.
- 7 Using your hands or an ice cream scoop, form meat mixture into 12 meatballs. Coat in flour.
- 8 Heat a large frying pan over medium high heat. Add oil and cook meatballs until brown, turning frequently.
- 9 Pour pasta sauce into an 20cm x 20cm baking dish. Place meatballs into dish and place dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 75°C.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

SHORTCRUST PASTRY

PROGRAM: PULSE
PREP: 5 MINUTES
CONTAINER: JUG
MAKES: 30CM ROUND

INGREDIENTS

250g plain flour
Pinch of salt
125g butter chilled & cubed
80-100ml cold water



TIP Don't add all water at once, reserve 1 tablespoon, and add if mixture is too dry.

DIRECTIONS

- 1 Install dough blade in the Jug, then add flour, salt and butter. Press iQ/manual and select Speed 1. Press START/STOP and mix until butter is broken down into fine breadcrumbs.
- 2 Once processing is complete, add water through spout in the lid and pulse until the dough comes together.
- 3 Turn dough out onto a lightly floured surface, shape into a ball, flatten and wrap in greaseproof paper, allow to chill for at least 30 minutes before rolling out.

POWER
NUTRI JUG



DOUGH BLADE

CHEESE AND ONION QUICHE

PROGRAM: SLICE
PREP: 10 MINUTES
BAKE: 25-30 MINUTES
CONTAINER: JUG
MAKES: 24CM FLAN

INGREDIENTS

300g shortcrust pastry, see page 29
1 medium onion, peeled and cut into 5cm chunks
10g chives
150g Cheddar cheese
4 eggs
50ml milk
150ml double cream
Salt and freshly ground black pepper

TIP Pastry case can also be lined with foil and baked blind.



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STACKED BLADE

POWER
NUTRI JUG



SLICING/GRATING

POWER
NUTRI JUG



DOUGH BLADE

DIRECTIONS

- 1 Preheat oven to 190°C. Roll out pastry and line 24cm flan tin with pastry. Allow to overhang over edge. Do not trim off excess pastry. Prick base of pastry with a fork. Cover with baking parchment and baking beans. Bake for 20 minutes, remove baking parchment and beans and cook for a further 5 minutes. Allow the pastry case to cool.
- 2 Install the stacked blade in the jug. Add onions and chives. Install the the flat lid on jug. Select CHOP. Let program run and then select CHOP again. Remove blade.
- 3 Install the disc spindle in the jug. Place the Reversible Slicing/Grating Disc, SHREDDER side up on the spindle. Install the feed chute lid and place cheese in the feed chute. Select SLICE. Use the pusher to push the cheese through the chute. Repeat with remaining cheese. When processing is complete, remove the lid, disc and spindle.
- 4 Swap disc and spindle for dough blade. Add eggs, milk, cream, cheese and seasoning to jug with flat lid. Press iQ/manual and select Speed 1. Press START/STOP, blend until mixed.
- 5 Pour mixture into pastry case. Bake at 190°C for 25-30 minutes until cooked in centre.
- 6 Serve hot or cold.

CHEESE SCONES

PROGRAM: PULSE/SLICE
PREP: 10 MINUTES
BAKE: 12-15 MINS
CONTAINER: JUG
MAKES: 16 SCONES

INGREDIENTS

250g Cheddar cheese, cut to fit feed tube
450g self-raising flour
2 teaspoons baking powder
1 teaspoon mustard powder
100g butter chilled and cubed
80-100ml milk
2 eggs
Milk to glaze
Butter to serve



DIRECTIONS

- 1 Preheat oven to 220°C and line a baking sheet with baking parchment.
- 2 Install dough blade in the jug. Place flour, baking powder, mustard powder into the jug, press PULSE once to mix. Add butter, press iQ/MANUAL, speed 2. Press START/STOP and mix until butter is broken down into fine breadcrumbs. Remove dough blade and set aside dough mixture.
- 3 Install the disc spindle in the jug. Place the Reversible Slicing/Grating Disc, SHREDDER side up on the spindle. Install the feed chute lid and place cheese in the feed chute. Select SLICE. Let the program run. Use the pusher to push the cheese through the chute. Repeat with remaining cheese. When processing is complete, remove disc and spindle and replace with dough blade and flat lid.
- 4 In a small bowl, add milk to eggs to make 300ml and whisk together, then add mixture to the jug and press PULSE until dough comes together. Add more milk if mixture is too dry. Then, remove lid and dough blade.
- 5 Turn dough out onto a floured surface and gently knead together. Using a rolling pin, roll dough out to a thickness of 3cm. Cut into 16 rounds with a 6cm biscuit cutter, re-roll dough and recut.
- 6 Arrange on prepared baking sheet. Brush tops with milk and sprinkle with a little cheese, bake for 12-15 minutes or until golden brown. Serve warm with butter.

AMERICAN STYLE PANCAKES

PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 12-14 PANCAKES

INGREDIENTS

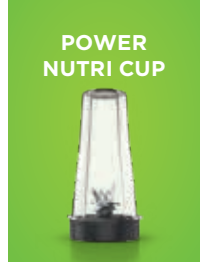
250ml whole milk
2 eggs
30g melted butter plus a large knob for cooking
200g self-raising flour
1 teaspoon baking powder
2 tablespoons caster sugar
¼ teaspoon salt
Maple syrup, yogurt and mixed berries, to serve



DIRECTIONS

- 1 Place ingredients into the Cup in the order listed, then install the blade assembly.
- 2 Select BLEND, then press START/STOP. Remove blades after blending.
- 3 Heat a large frying pan over a moderate heat. Add knob of butter to pan and heat until foaming. Ladle spoons of batter into pan. Cook pancakes for 2-3 minutes until small bubbles form on top and the underside is golden. Flip with a palette knife and cook for 2-3 minutes on the remaining side until cooked through.
- 4 Once the first batch of pancakes are cooked, transfer to a plate and repeat with the remaining batter.
- 5 Serve the pancakes with maple syrup, yogurt and berries.

TIP Leaving batter to rest for 30 minutes will produce fluffier pancakes.



VICTORIA SPONGE CAKE

PROGRAM: MANUAL
PREP: 10 MINUTES
BAKE: 20-25 MINS
CONTAINER: JUG
MAKES: 12 SERVINGS

INGREDIENTS

4 large eggs
1 teaspoon vanilla extract
225g caster sugar
225g unsalted butter, softened, cubed
225g self-raising flour
1 teaspoon baking powder

Optional fillings

150ml whipped double cream
Strawberry jam
Icing sugar for dusting



DIRECTIONS

- 1 Preheat oven to 180°C. Grease 2 x 20cm round baking tins, line with baking parchment and set aside.
- 2 Install dough blade in the jug and add eggs, vanilla, caster sugar & butter into the jug. Install flat lid. Press START/STOP and mix until fully combined. Scrape down if necessary.
- 3 Once processing is complete add flour and baking powder to the jug, press iQ/manual and select Speed 1. Press START/STOP and mix until fully combined. Then, remove lid and dough blade.
- 4 Divide mixture evenly into the prepared baking tins and place them in the oven for 20-25 minutes or until a cocktail stick is inserted and it comes out clean.
- 5 Allow cakes to cool in the pan for 10 minutes then remove and place on a wire rack allowing to cool completely before filling with whipped cream and jam. Dust with icing sugar to serve.

TIP For best cleaning results, wash the jug, lid and blade assembly in the dishwasher.

BANANA & TOFFEE MUFFINS

PROGRAM: CHOP
PREP: 10 MINUTES
BAKE: 15-25 MINUTES
CONTAINER: JUG
MAKES: 12 MUFFINS

INGREDIENTS

200g ripe peeled bananas, broken in pieces
2 large eggs
100g sunflower oil
200g soft brown sugar
1 teaspoon vanilla essence
200g wholemeal flour
2 teaspoons baking powder
1 teaspoon mixed spice
50g chocolate chips
100g thick caramel or dulce de leche, to decorate
12 dried banana chips to decorate



DIRECTIONS

- 1 Preheat oven to 190°C. Arrange paper muffin cases in tray.
- 2 Install the stacked blade in jug with the flat lid. Add bananas. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
- 3 Swap stacked blade for dough blade. Add eggs, oil, sugar and vanilla essence to jug. Press iQ/manual and select Speed 1. Press START/STOP until mixed together.
- 4 Add flour, baking powder, mixed spice and chocolate chips to jug. Press iQ/manual and select Speed 1. Press START/STOP until mixed together.
- 5 Spoon mixture into the muffin cases, filling $\frac{3}{4}$ full. Bake for 15-25 minutes or until a cocktail stick inserted in centre comes out clean.
- 6 Allow to cool on a wire rack. Top each muffin with a spoonful of caramel and decorate with a banana chip.

TIP Using an ice cream scoop helps to spoon batter into muffin cases quickly.



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**POWER NUTRI
BLENDER 4-IN-1**

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