Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

NINJA®

NUTRI-BLENDER PRO

20 delicious recipes

YOUR GUIDE TO DRINK MAKING.

Welcome to the Ninja® Nutri-Blender Pro inspiration guide. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will help you make delicious smoothies, nutrient extractions*, and frozen drinks to take on the go.

For more exciting delicious recipes, visit **ninjakitchen.com**

*Extract a drink containing vitamins and nutrients from fruits and vegetables.

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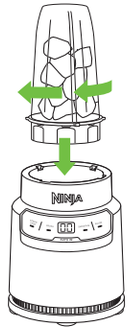
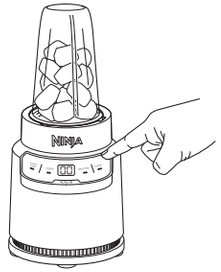
QUICK ASSEMBLY

1.
Add ingredients to the Single-Serve Cup. **DO NOT** add ingredients past the **MAX LIQUID** line.

2.
Place the Pro Extractor Blades® Assembly on the top of the cup and turn clockwise to seal.



3.
Turn the cup upside down and install on the motor base by aligning the tabs on the cup with the slots on the base. Then, rotate cup clockwise until it clicks. Once locked in place, the programs will illuminate and the unit will be ready for use.



4.
If using an Auto-iQ® program, select the program that best suits your desired output. The preset feature will automatically stop at the end of the program. To stop the unit at any time, press the currently active program again.

WARNING: Handle the Pro Extractor Blades Assembly with care, as the blades are sharp.

CLEANING

Dishwasher: The containers, lids, and blade assembly are all dishwasher safe. Ensure the blade assembly is removed from the container before placing in the dishwasher.

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

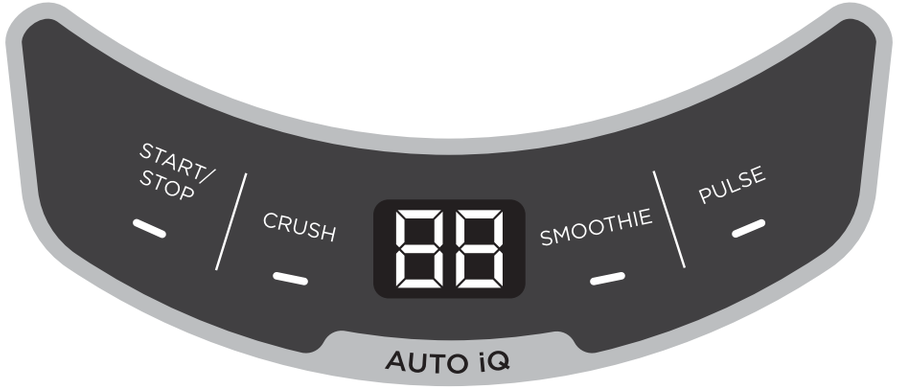
WARNING: Handle the blade assembly with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

AUTO-IQ® PROGRAMS

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. To stop blending before the end of the program, press the currently active button again.

CRUSH
Turn ice, juices, and fruit into expertly blended frozen drinks.

SMOOTHIE
Combine your favorite fresh or frozen ingredients, liquids, and powders to create smoothies and proteins shakes.



MANUAL PROGRAMS

NOTE: Manual programs cannot be used in conjunction with any Auto-iQ programs.

START/STOP
Press once to start continuous running up to 60 seconds; press again to stop. Can also be pressed to stop a running Auto-iQ program.

PULSE
Offers greater control of pulsing and blending. Operates only when PULSE is pressed. Use short presses for short pulses and long presses for long pulses.

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 Pro Extractor Blades® Assembly to the cup, remove some ingredients.

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 as desired.

2 Next add leafy greens and herbs.

1 Start by adding fresh fruits and vegetables.

PREP TIPS
For best results, cut ingredients in 1" pieces. Place frozen ingredients in the cup last.

ORANGE BLUSH

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup watermelon, cut in 1-inch pieces
3/4 cup orange juice
1 cup frozen strawberries
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

APPLE PIE SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 Golden Delicious apple, peeled, cored, cut in quarters
1 cup unsweetened almond milk
3/4 teaspoon lemon juice
1 1/2 teaspoons brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon kosher salt
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

¾ cup pineapple, cut in 1-inch pieces
1 small ripe banana, peeled, halved
1 ¼ cups coconut water
¾ cup frozen strawberries
¾ cup frozen mango chunks

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

TROPICAL CHILL

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana peeled, halved
½ cup pineapple, cut in 1-inch pieces
½ cup honeydew melon, cut in 1-inch pieces
¼ lime, peeled
¾ cup coconut water
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

LEAN GREEN

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1/4 cup packed baby spinach
1/4 cup packed kale leaves
1/2 cup fresh pineapple cut in 1-inch pieces
1/2 cup mango, cut in 1-inch pieces
1/2 cup coconut water
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (10 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana, cut in 1-inch pieces
1 small navel orange, peeled, cut in half, pith removed
1 cup unsweetened almond milk
1/4 teaspoon ground cinnamon
1 scoop vanilla protein powder
1/2 cup frozen mango chunks
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (9 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1 1/4 cups almond milk
1 tablespoon almond butter
1 1/4 cups frozen mixed berries

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

STRAWBERRY BANANA PROTEIN SHAKE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (8 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana,cut in 1-inch pieces
1/3 cup nonfat Greek yogurt
3/4 cup orange juice
1 scoop vanilla protein powder
3/4 cup frozen strawberries

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

MANGO PROTEIN SHAKE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 1/4 cups 1% milk

2 scoops vanilla protein powder

2 cups frozen mango chunks

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

STRAWBERRY DAIQUIRI

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup strawberries, hulled, plus 2 for garnish

1/4 cup lime juice

1/2 cup light rum

1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN PIÑA COLADA

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup light rum
3/4 coconut milk
1/2 cup frozen pineapple chunks
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

HAWAIIAN FRAPPE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (10 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1 cup coconut water
1 tablespoon sweetened coconut flakes
1 cup frozen pineapple chunks
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN HOT CHOCOLATE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (10 OUNCE) SERVINGS

INGREDIENTS

1 cup lowfat milk, divided

¼ cup instant nonfat dry milk

2 ½ tablespoons unsweetened cocoa powder

2 tablespoons agave nectar

Pinch kosher salt

1 ½ cups ice cubes

DIRECTIONS

1. In a bowl, combine ½ cup milk with instant nonfat dry milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until ingredients have formed a smooth slurry. Add the slurry, ice, and remaining ½ cup milk to the 24-ounce Single-Serve Cup, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CHOCOLATE MALT

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 ½ cups milk of choice

1 tablespoon chocolate syrup

2 tablespoons malted milk powder

2 cups chocolate ice cream

2 ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN JOE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup iced coffee
1 tablespoon chocolate sauce
1 tablespoon caramel sauce
1/2 cup low fat dark chocolate frozen yogurt
5 ice cubes
2 tablespoons whipped cream

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN WHITE SANGRIA

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

3 fresh mint leaves
1 cup white wine
1/4 cup brandy
1/4 cup triple sec
1 frozen orange, peeled
1 cup frozen pineapple chunks
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

LEM-OSA

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (12 OUNCE) SERVINGS

INGREDIENTS

3 fresh mint leaves
2 lemons, peeled, cut in half, deseeded
1 cup dry white wine
1 tablespoon agave nectar
1 ½ cups ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

PINEAPPLE MANGO MOJITO

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 (10 OUNCE) SERVINGS

INGREDIENTS

6 fresh mint leaves
1 cup sparkling water
1 lime, juiced
⅓ cup rum
1 tablespoon granulated sugar
½ cup frozen pineapple chunks
½ cup frozen mango chucks
2 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

AVOCADO CAESAR DRESSING

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 2 CUPS

INGREDIENTS

1 ripe avocado, pitted and cut in half
3 cloves garlic
1-inch chunk (1 1/2 ounces) Parmesan cheese
2 oil-cured anchovy filets
1/2 teaspoon ground black pepper
2 tablespoons fresh lemon juice
2 tablespoons apple cider vinegar
1 cup cold water
1/8 teaspoon kosher salt

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP, and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

CLASSIC HUMMUS

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 1 1/4 CUPS

INGREDIENTS

1 can (14 ounces) garbanzo beans, drained, liquid reserved
1/4 cup + 2 tablespoons garbanzo bean liquid
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 clove garlic, peeled
1 tablespoon tahini
1/2 teaspoon ground cumin
1/2 teaspoon kosher salt

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP, and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

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