

# 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 dish soap.
3. Screw on the blade assembly and press **BOWL**. Twist the Power Paddle **counterclockwise continuously** while cleaning.
4. Once complete, empty contents and rinse under warm water.



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



### Dishwasher

Containers, lids, and blade assembly are all top-rack dishwasher safe.



### 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.com](http://ninjakitchen.com)



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

**NINJA**  
**Foodi**  
POWER NUTRI™ DUO™

# QUICK START GUIDE

## What's in the Box



Base



Power Nutri Cup  
with Spout Lid



Power Nutri Bowl  
with Storage Lid



Hybrid Edge™ Blades  
Assembly

## Using the Unit

### START/STOP

Press for continuous blending up to 60 seconds; press again to stop.

### PULSE

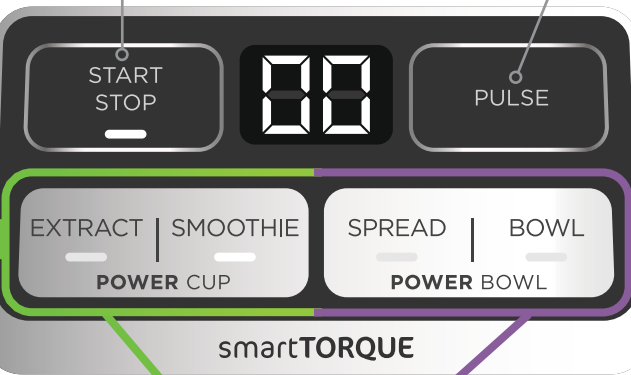
Use short presses for short pulses and long presses for long pulses.

Use **DRINKABLE** programs with the **POWER NUTRI CUP**.



**EXTRACT**  
Green Drinks  
Refreshers

**SMOOTHIE**  
Fruit Smoothies  
Protein Shakes



### Auto-iQ® Programs

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

Use **SPOONABLE** programs with the **POWER NUTRI BOWL**.



**SPREAD**  
Nut Butters  
Hummus  
Pesto

**BOWL**  
Smoothie Bowls  
Açaí Bowls  
Sorbet

### 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.



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 counter-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 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 açai or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

**If using açai or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

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



4.

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

Select **BOWL** and twist the Power Paddle **counterclockwise continuously** while processing.



5.

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