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

LET’S BREAK IT DOWN

NUTRI
NINJA
WITH
FRESHVAC™ TECHNOLOGY

LET’S BREAK IT DOWN
AH, NOW THAT’S FRESH.

We’ve changed the smoothie game, again. The Nutri Ninja® with FreshVac™ Technology pumps oxygen out of the blending cup to give you a fresh, tasty drink full of vitamins. So before you break down and extract nutrients from tough ingredients like leafy greens, seeds, and nuts, simply pop on the FreshVac pump and vacuum seal your cup.
HELLO, FRESH & TASTY DRINKS.
GOODBYE, OXYGEN.

Our FreshVac™ Pump makes it easy to enjoy a fresh, tasty, vitamin-rich drink in three easy steps.

SET
After filling your cup with ingredients, set the pump onto your cup.

VAC
Simply push the button on the pump to vacuum seal your cup.

BLEND
Secure your cup on the base and blend away.

See your Owner’s Guide for more detailed instructions.
TO FRESHVAC™ OR NOT TO FRESHVAC?

Pump out oxygen to give smoothies, dips, and dressings vibrant colors and smooth textures.

Whipped desserts and frozen drinks benefit from traditional blending.

Visit ninjakitchen.com to browse our library of signature recipes.
VACUUM BLENDING WITH THE SINGLE-SERVE FRESHVAC™ CUP

1. Fill the cup with desired contents, making sure to not exceed the MAX LIQUID line.
2. Place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.
3. Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.
4. Open the Flip & Seal Lid by pressing and lifting the latch. Set the FreshVac Pump on top of the FreshVac Tab. The pump DOES NOT lock into place on the lid.
5. Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.
6. To release the pump from the cup, press the pump release button on the bottom front of the pump and lift. Click the Flip & Seal Lid closed.
7. Turn the Single-Serve FreshVac Cup upside down and install onto the motor base. Push down until you hear a soft click. When the unit is correctly locked into the motor base, program lights will illuminate.
8. If using a pre-set program, select the program that best suits your recipe. The pre-set feature will automatically stop the unit at the end of the program. To pause the unit at any time, press the currently active program a second time.
9. When blending is complete, lift the cup up and out of the motor base. Pressure must be released before opening the cup.
10. Gently pull on the FreshVac Tab to release the vacuum seal, then close the Flip & Seal Lid.
11. Close the Flip & Seal Lid, pressing it until it clicks into place.
12. Turn cup over so blade assembly is on top. Rotate blade assembly counterclockwise to remove. To take your blended contents on the go, place the spout lid on cup and turn clockwise to seal.

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

Questions? | ninjakitchen.com
**SINGLE-SERVE FRESHVAC™ CUP**

**LOADING TIPS**
Do not go past the MAX LIQUID line when loading the cup. Overfilling ingredients may harm the FreshVac Pump when in use. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

1. Start by adding fresh fruits and vegetables. For best results, cut ingredients in 1-inch chunks. Place frozen ingredients in the cup last.
2. Next add leafy greens and herbs.
3. Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.
4. Next add any dry or sticky ingredients like seeds, powders, and nut butters.
5. Top off with ice or frozen ingredients.

**PREP TIPS**
For best results, cut ingredients in 1-inch chunks. Place frozen ingredients in the cup last.

CAUTION: Remove the Pro Extractor Blades Assembly from the Single-Serve FreshVac Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use spout lid to cover.
BERRY ALMOND SMOOTHIE

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

INGREDIENTS
1/2 small ripe banana, peeled, cut in half
1 1/4 cups almond milk
1 tablespoon almond butter
1 1/4 cups frozen mixed berries

DIRECTIONS
1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2 Select SMOOTHIE.
3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.
CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ 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

DIRECTIONS
1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2 Select SMOOTHIE.
3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.
PINEAPPLE APPLE MINT

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

INGREDIENTS
1/2 small Granny Smith apple, cut in 1-inch pieces  
1 cup pineapple chunks  
1/2 cup spinach leaves  
4 fresh mint leaves  
3/4 cup coconut water  
1 tablespoon fresh lemon juice  
1/2 cup ice

DIRECTIONS
1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.  
2. Select EXTRACT.  
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.
CITRUS REFRESHER

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

DIRECTIONS
1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2. Select EXTRACT.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.

INGREDIENTS
1/2 Anjou pear, peeled, cored, cut in 1-inch pieces
1/2 small pink grapefruit, peeled, cut in quarters, pith and seeds removed
1 small orange, peeled, cut in quarters, pith and seeds removed
1/4 lemon, peeled, pith and seeds removed
1/2 cup ice
APPLE CUCUMBER SPINACH

PREP: 10 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS
- ½ Granny Smith apple, cut in 1-inch pieces
- ¼ English cucumber, trimmed, cut in 1-inch pieces
- ½ cup spinach leaves
- ¾ cup water
- 1 tablespoon fresh lemon juice
- ¼ cup ice

DIRECTIONS
1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2. Select EXTRACT.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.
CUCUMBER GINGER MELON

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 2 (7-OUNCE) SERVINGS

INGREDIENTS

1/4 English cucumber, cut in 1-inch pieces
1/4-inch piece fresh ginger, peeled
1/2 cup baby spinach
1/4 fresh lime, peeled, pith and seeds removed
1 cup honeydew melon chunks
1/4 cup water
1/2 cup ice

DIRECTIONS

1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2 Select EXTRACT.
3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.
NINJA®
VEGGIE JUICE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 2 (7-OUNCE) SERVINGS

DIRECTIONS
1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2 Select EXTRACT.
3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.

INGREDIENTS
3-inch piece celery, cut in quarters
1/3 small carrot, peeled, cut in quarters
1-inch piece beet, peeled
1/4 small green apple, peeled, cut in quarters
2-inch piece English cucumber, cut in half
1 small vine-ripened tomato, cut in eighths
1 tablespoon red onion, diced
1/2-inch piece jalapeño pepper, seeds removed
1/4 teaspoon kosher salt
1/4 cup water
1/2 cup ice
ORANGE APPLE SPLASH

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

DIRECTIONS
1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2. Select EXTRACT.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.

INGREDIENTS
- ½ carrot, peeled, cut in 1-inch pieces
- ½ small Golden Delicious apple, cut in 1-inch pieces
- 1 small orange, peeled, cut in half, pith and seeds removed
- ¼ lemon, peeled, pith and seeds removed
- ¼-inch piece fresh ginger, peeled
- 1 tablespoon goji berries
- ¾ cup water
- 1 teaspoon flaxseed
- ½ cup ice
POMEGRANATE STRAWBERRY BLAST

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

INGREDIENTS
- 1-inch piece beet, peeled
- 1/2 cup cantaloupe chunks
- 1 small orange, peeled, cut in half, pith and seeds removed
- 3/4 cup pomegranate juice
- 3/4 cup frozen strawberries

DIRECTIONS
1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2. Select EXTRACT.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.
TROPICAL GREEN MACHINE

PREP: 5 MINUTES  
CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP  
MAKES: 2 (7-OUNCE) SERVINGS

INGREDIENTS

- ½ small ripe banana, peeled
- ½ cup mango chunks
- ½ cup pineapple chunks
- ½ cup spinach leaves
- ½ cup kale leaves
- ½ cup water
- 1 teaspoon flaxseed
- ¼ cup ice

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. If using the vacuum blending feature, see page 8 for instructions.
2. Select EXTRACT.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.