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

LET’S BREAK IT DOWN

10 Quick & Easy Recipes
WE’VE CHANGED THE SMOOTHIE GAME, AGAIN.

With FreshVac™ Technology in your blender, you’ll create fresh and tasty vitamin-rich drinks. But that’s not all this blender DUO® can do. From restaurant-style salsas and purees to frozen drinks and ice cream, this kitchen system will be your new partner in meal prep.

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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 or pitcher with ingredients, set the pump onto your vessel.

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

BLEND
Secure your vessel on the base and blend away.

EXPERIENCE THE DIFFERENCE

SEE
the bright, vibrant colors.

FEEL
the silky-smooth textures with less foam.

TASTE
the true flavors of your ingredients.

TRADITIONAL BLENDING MODE

OXYGEN REMOVAL BLENDING

LESS FOAM & SEPARATION

SMOOTH TEXTURE & RICH TASTE

LESS FOAM & SEPARATION

SMOOTH TEXTURE & RICH TASTE

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 mode.

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

1 Fill the cup as desired and assemble the Pro Extractor Blades® Assembly on top of the cup.

2 Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.

3 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.

4 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.

5 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.

6 Lock cup in place on base and blend as desired. Once blending is complete, remove the cup from the base and place the cup flat on the counter.

7 Gently pull on the FreshVac tab to release the vacuum seal, then close the Flip & Seal Lid.

8 Remove the Pro Extractor Blades Assembly and screw the spout lid clockwise onto the cup.

WARNING: Handle the blade assemblies with care when washing, as the blades are sharp.

VACUUM BLENDING WITH THE FRESHVAC™ PITCHER

1 Fill the pitcher as desired and lock the lid in place. Then set the pitcher on a level surface and place the FreshVac Pump on top of the FreshVac Tab on the lid. The pump DOES NOT lock into place on the lid.

2 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.

3 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.

4 To release the pump from the pitcher, press the pump release button on the bottom front of the pump and lift. Click the Flip & Seal Lid closed.

5 Lock pitcher onto base and blend as desired.

6 When blending is complete, the vacuum seal MUST BE released before opening the lid. To release the vacuum seal, gently lift the FreshVac Tab on the lid. Air will enter the pitcher, making it easy to remove the lid.

WARNING: Handle the blade assemblies with care when washing, as the blades are sharp.
TIPS FOR YOUR SINGLE-SERVE FRESHVAC™ CUP

LOADING TIPS
Don’t overfill the cup. 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.
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.

TIPS FOR YOUR FRESHVAC™ PITCHER

LOADING TIPS
Load softer, water-dense ingredients on the bottom, and ice or frozen ingredients on top. This will create a vortex in the pitcher that makes for a smooth breakdown of ingredients. Check out the layer-by-layer guide below.

1. Start by adding fresh fruits and vegetables.
2. 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.
4. Next add leafy greens and herbs.
5. Top off with ice or frozen ingredients.

PREP TIPS
For best results, cut ingredients in 1-inch chunks. Do not place frozen ingredients first in the pitcher.

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve FreshVac Cup upon completion of blending. Do not go past the max fill line when loading the cup.
SMOOTHIES

BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 2 SERVINGS

INGREDIENTS

½ small ripe banana, peeled, cut in half
1 cup almond milk
1 tablespoon almond butter
1 cup frozen mixed berries

DIRECTIONS

1 Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. If using the vacuum blending feature, see page 8 for blade assembly instructions.
2 Select SMOOTHIE.
3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.
STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE FRESHVAC™ PITCHER
MAKES: 4 SERVINGS

INGREDIENTS
4 small ripe bananas, peeled, cut in half
2 cups low-fat milk
1/4 cup agave nectar
4 cups frozen strawberries

DIRECTIONS
1. Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
2. Select SMOOTHIE.
ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE FRESHVAC™ PITCHER
MAKES: 4 SERVINGS

INGREDIENTS
1 small ripe banana, cut in half
1 cup pineapple chunks
2 cups coconut water
1 cup frozen mango chunks
1 cup frozen strawberries

DIRECTIONS
1. Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
2. Select SMOOTHIE.
CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES
CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 2 SERVINGS

INGREDIENTS
1/2 small ripe banana, cut in 1-inch pieces
1 small navel orange, peeled, cut in half, pith removed
1/2 cup unsweetened almond milk
1/4 teaspoon ground cinnamon
1 scoop vanilla protein powder
1/3 cup frozen mango chunks
1/4 cup ice

DIRECTIONS
1. Place all ingredients into the 20-ounce Single-Serve FreshVac Cup in the order listed. If using the vacuum blending feature, see page 8 for blade assembly instructions.
2. Select SMOOTHIE.
3. Remove blades from cup after blending. Attach spout lid to enjoy on the go.
ORANGE APPLE SPLASH

PREP: 5 MINUTES
CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 1 SERVING

DIRECTIONS
1. Place all ingredients into the 20-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 small carrot, peeled, cut in 1-inch pieces
- 1/2 small Golden Delicious apple, cut in 1-inch pieces
- 1/2 navel orange, peeled, cut in half, pith removed
- 1/4 fresh lemon, peeled, pith and seeds removed
- 1/4-inch piece fresh ginger, peeled
- 1 tablespoon goji berries
- 3/4 cup water
- 1/4 cup ice
POMEGRANATE STRAWBERRY BLAST

PREP: 5 MINUTES
CONTAINER: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 1 SERVING

INGREDIENTS
1/8 small beet, peeled (1-inch piece)
1/3 cup cantaloupe chunks
1 small orange, peeled, cut in half, pith and seeds removed, cut in quarters
2/3 cup pomegranate juice
2/3 cup frozen strawberries

DIRECTIONS
1 Place all ingredients into the 20-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: 20-OUNCE SINGLE-SERVE FRESHVAC™ CUP
MAKES: 1 SERVING

DIRECTIONS
1. Place all ingredients into the 20-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 small ripe banana
1/4 cup mango chunks
1/4 cup pineapple chunks
1/4 cup spinach leaves
1/4 cup kale leaves
1/4 cup water
1 teaspoon flaxseed
1/4 cup ice
AUTUMN BALANCER
PREP: 10 MINUTES
CONTAINER: 72-OUNCE FRESHVAC™ PITCHER
MAKES: 4 SERVINGS

INGREDIENTS
2 sweet potatoes, steamed, cooled, peeled, cut in 1-inch pieces
2 cups unsweetened almond milk
¼ cup maple syrup
¼ teaspoon ground nutmeg
1 teaspoon kosher salt
1½ cups ice

DIRECTIONS
1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
2 Select SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS.
GINGERED ACAI

**PREP:** 5 MINUTES  
**CONTAINER:** 72-OUNCE FRESHVAC™ PITCHER  
**MAKES:** 6 SERVINGS

### INGREDIENTS
- 1 1/2 cups unsweetened acai berry puree, thawed
- 2 tablespoons fresh ginger, minced
- 3 1/2 cups pomegranate juice
- 4 cups frozen strawberries

### DIRECTIONS
1. Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
2. Select FROZEN DRINK.
MANGO TANGO

PREP: 5 MINUTES
CONTAINER: 72-OUNCE FRESHVAC™ PITCHER
MAKES: 4 SERVINGS

INGREDIENTS
1 ripe banana, cut in quarters
1 cup pineapple chunks
1 cup spinach
1 cup orange juice
1 cup frozen mango chunks
1 cup ice

DIRECTIONS
1 Place all ingredients into the 72-ounce FreshVac Pitcher in the order listed. If using the vacuum blending feature, see page 9 for instructions.
2 Select SMOOTHIE.