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

LET'S BREAK IT DOWN

15 Quick & Easy Recipes
The days of guessing in the kitchen are over. Which means so are the days of kitchen chaos. The Ninja® Smart Screen Kitchen System does the thinking for you. Just snap on your desired vessel and the interface displays pre-set programs and manual speed settings available for your recipes. Now you’ve got one adaptive tool to make everything from healthy dinners to bake-sale-winning treats at the tap of a touchscreen. There’s a whole new reason the kitchen is the most popular room in your house.

TABLE OF CONTENTS

PRODUCT INTRO 3
SINGLE-SERVE CUP 4
PRECISION PROCESSOR BOWL 5
TOTAL CRUSHING® PITCHER 6
SMOOTHIES 26
DIPS & DRESSINGS 30
MAINS & SIDES 34
DESSERTS & SNACKS
Don’t overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve 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.

Top off with ice or frozen ingredients.

Next add any dry or sticky ingredients like seeds, powders, and nut butters.

Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.

Next add leafy greens and herbs.

Start by adding fresh fruits and vegetables.

Do not go past the max fill line when loading the cup.

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 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 PRECISION PROCESSOR BOWL**

**LOADING TIPS**
Don’t overfill the bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.

1. Place herbs, lettuces, and greens in the bowl first so they are at the bottom.
2. Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces.
3. Add liquid on top, as the last ingredient.

**PREP TIPS**
Cut all ingredients to 1 inch or as designated in each recipe. Peel bell peppers with a vegetable peeler prior to cutting for best performance.

---

**TIPS FOR YOUR TOTAL CRUSHING® 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 leafy greens and herbs.
3. Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.
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. Do not place frozen ingredients first in the pitcher.
BERRY ALMOND SMOOTHIE

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

INGREDIENTS
1/2 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 Cup in the order listed. If using the vacuum blending feature, see page X for blade assembly instructions.
2 Select SMOOTHIE.
3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing, refer to page X for instructions.
STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: TOTAL CRUSHING® 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 Total Crushing Pitcher in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select SMOOTHIE.
3 If storing contents in the pitcher, refer to page X for instructions.
ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES
CONTAINER: TOTAL CRUSHING® PITCHER
MAKES: 4 SERVINGS

DIRECTIONS
1. Place all ingredients into the Total Crushing Pitcher in the order listed. If using the vacuum blending feature, see page X for instructions.
2. Select SMOOTHIE.
3. If storing contents in the pitcher, refer to page X for instructions.

INGREDIENTS
1 small ripe banana
1 cup fresh pineapple chunks
2 cups coconut water
1 cup frozen mango chunks
1 cup frozen strawberries
CREAMY BANANA ORANGE PROTEIN SHAKE

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

DIRECTIONS
1. Place all ingredients into the 20-ounce Single-Serve Cup in the order listed. If using the vacuum blending feature, see page X for blade assembly instructions.
2. Select SMOOTHIE.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page X for instructions.

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 teaspoon ground cinnamon
1 scoop vanilla whey protein powder
1/3 cup frozen mango
1/4 cup ice

CREAMY BANANA ORANGE PROTEIN SHAKE

SMOOTHIES
ORANGE APPLE SPLASH

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

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 and seeds removed
1/4 fresh lemon, peeled, pith and seeds removed
1/4-inch piece fresh ginger, peeled
1 tablespoon goji berries
1/4 cup water
1 teaspoon flaxseed
1/4 cup ice

DIRECTIONS
1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select EXTRACT.
3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.
If storing contents in the cup, refer to page X for instructions.
POMEGRANATE STRAWBERRY BLAST

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

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

DIRECTIONS
1 Place all ingredients into the 20-ounce Single-Serve Cup in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select EXTRACT.
3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go. If storing contents in the cup, refer to page X for instructions.
TROPICAL GREEN MACHINE

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

INGREDIENTS
1/2 small ripe banana, peeled  
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

DIRECTIONS
1. Place all ingredients into the 20-ounce Single-Serve Cup in the order listed.  
If using the vacuum blending feature, see page X for instructions.  
2. Select EXTRACT.  
3. Remove blades from cup after blending.  
Attach Spout Lid to enjoy on the go.  
If storing contents in the cup, refer to page X for instructions.
AUTUMN BALANCER

PREP: 15 MINUTES
CONTAINER: TOTAL CRUSHING® 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 Total Crushing Pitcher in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select SMOOTHIE.
3 If storing contents in the pitcher, refer to page X for instructions.
GINGERED ACAI

PREP: 5 MINUTES
CONTAINER: TOTAL CRUSHING® 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
3 packets (.035 ounce each) stevia
4 cups frozen strawberries

DIRECTIONS
1 Place all ingredients into the Total Crushing Pitcher in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select FROZEN DRINK.
3 If storing contents in the pitcher, refer to page X for instructions.
MANGO TANGO

PREP: 5 MINUTES
CONTAINER: TOTAL CRUSHING® PITCHER
MAKES: 4 SERVINGS

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

DIRECTIONS
1 Place all ingredients into the Total Crushing Pitcher in the order listed. If using the vacuum blending feature, see page X for instructions.
2 Select SMOOTHIE.
3 If storing contents in the pitcher, refer to page X for instructions.
HUMMUS

PREP: 5 MINUTES
CONTAINER: FOOD PROCESSOR
MAKES: 2 1/2 CUPS

INGREDIENTS
2 cups cooked, drained garbanzo beans (liquid reserved)
1/4 cup plus 2 tablespoons garbanzo bean liquid
1 clove garlic, peeled
1/4 cup olive oil
1/4 cup lemon juice
2 tablespoons tahini
1 teaspoon ground cumin

DIRECTIONS
1 Place all ingredients into the Food Processor in the order listed.
2 Select PUREE.
PINEAPPLE CILANTRO DIPPING SAUCE

PREP: 10 MINUTES
CONTAINER: FOOD PROCESSOR
MAKES: 6–8 SERVINGS

INGREDIENTS
3 cups fresh pineapple chunks
1 jalapeño pepper, seeds removed, cut in quarters
1 small white onion, peeled, cut in quarters
1/2 cup fresh cilantro, stems trimmed
1/4 cup lime juice
3 tablespoons coconut oil
Kosher salt and pepper, to taste

DIRECTIONS
1. Place all ingredients into the Food Processor in the order listed.
2. PULSE until desired consistency is reached.
BUFFALO CHICKEN BURGERS

PREP: 15 MINUTES
COOK: 10 MINUTES
CONTAINER: FOOD PROCESSOR
MAKES: 4 BURGERS

INGREDIENTS
Burgers
3/4 pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces
1 small carrot, peeled, cut in 1-inch pieces (about 1/2 cup)
1 small stalk celery, cut in 1-inch pieces (about 1/2 cup)
1/4 cup crumbled blue cheese
2 tablespoons cayenne pepper sauce, plus more for drizzling
1/2 cup bread crumbs
1 egg
2 tablespoons olive oil

For Serving
4 potato buns, toasted
1 cup mixed greens or romaine lettuce
1/2 cup chunky blue cheese dressing

TIP:
To make your own homemade blue cheese dressing, stir together 1/2 cup blue cheese crumbles, 2 tablespoons mayonnaise, 2 tablespoons sour cream, 2 teaspoons white vinegar, and a dash of salt and pepper.

DIRECTIONS
1 Place all burger ingredients, except olive oil, into the Food Processor in the order listed.
2 Select CHOP until ingredients are finely ground.
3 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 165°F.
4 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.
CAULIFLOWER FRIED RICE

PREP: 15 MINUTES  
COOK: 8 MINUTES  
CONTAINER: FOOD PROCESSOR  
MAKES: 2 CUPS

INGREDIENTS
1-inch piece fresh ginger, peeled  
2 cups cauliflower florets  
1 small carrot, peeled, cut in 1-inch pieces  
2 tablespoons sesame oil  
2 green onions, chopped  
1/2 cup peas  
2 tablespoons soy sauce  
1/4 teaspoon ground black pepper

DIRECTIONS
1. Place ginger into the Food Processor. Select CHOP.
2. Place cauliflower and carrot into the Food Processor. Select CHOP.
3. Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower and carrot/ginger mixture. Cook for 5 minutes or until cauliflower is tender, stirring occasionally. Add green onions, peas, soy sauce, and pepper. Cook for 2 minutes or until heated through.

RECIPE SUGGESTION
Add cooked chicken, shrimp, or tofu for a 20-minute one-pot meal.
ALMOND CHIA BITES

PREP: 20 MINUTES
CHILL: 1 HOUR
CONTAINER: FOOD PROCESSOR
MAKES: 24 BITES

INGREDIENTS
- ½ cup almonds
- ½ cup dark chocolate chips
- 6 Medjool dates, cut in half, pits removed
- 1 tablespoon coconut oil, melted
- ½ cup almond butter
- 1 tablespoon chia seeds
- 1 cup old-fashioned rolled oats

DIRECTIONS
1. Place all ingredients into the Food Processor in the order listed.
2. Select HIGH until mixture is well combined.
3. Roll dough into 24 evenly sized bites, about 1 1/4 inches round. Refrigerate 1 hour before serving.

RECIPE SUGGESTION
2 tablespoons rolled oats can be stirred into the mixture for a different texture.