

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



NINJA
Foodi

POWER BLENDER

ULTIMATE SYSTEM

Power Smoothie Bowl,
Power Nutri™ Cup*,
and Coffee & Spice Grinder



20+ delicious recipes



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

[no notes on this page]

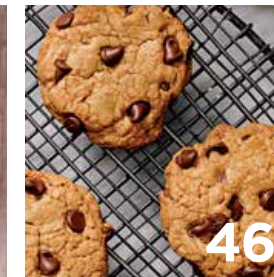
Your guide to blending, prepping, and mixing like a Foodi.[®]

Welcome to the Ninja[®] Foodi[®] Power Blender Ultimate System recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothies bowls and nut butters to frozen drinks, smoothies, salsas, and cookie dough—all in your kitchen system. Now let's get started.

For more exciting delicious recipes,
visit **AU** ninjakitchen.com.au
NZ ninjakitchen.conz

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

Using the Power Nutri Cup*

Tips to help you create smoothies and nutrient extractions* to take on the go.

Use the **SMOOTHIE** program to combine your favourite fresh or frozen ingredients, liquids, and powders.

Use the **EXTRACT*** program for tough, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

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

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 Hybrid Edge 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 yoghurt 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 2.5 cm pieces. Place frozen ingredients in the cup last.

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BUILT-IN
TAMPER

Twist



Introducing the XL Power Smoothie Bowl

It's never been easier to create thick and spoonable smoothie bowls, nut butters, and more. All you have to do is twist the built-in tamper while blending to push ingredients down toward the blade.



DID YOU KNOW?

Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

Smoothie bowl for one

USING THE XL POWER SMOOTHIE 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 fruit, directly from freezer**, and/or acai or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.
If using acai or dragon fruit packets, thaw slightly and cut in quarters.



3. (Optional)

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



4.

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

Select **BOWL** and press START/STOP. Twist the built-in tamper counterclockwise **continuously** while processing.

5.

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



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Smoothie bowls for a crowd

USING THE POWER BLENDER & PROCESSOR PITCHER



1.

With the Stacked Blade Assembly installed in the pitcher, add milk or milk alternative such as soy, coconut, almond, or oat milk up to the **16 oz. line**.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets up to the **44 oz. 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 2 scoops of yoghurt, flavour powder, protein powder, and/or nut butter.



4.

Install flat lid, then install pitcher on the motor base. Use the dial to select **BOWL** and press START/STOP. If more blending is needed, run on speed 10 until combined.

5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



Smoothie bowl color guide

Trying to make your bowl pop in a certain color? Use this ingredient guide to achieve the look you want.



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Blending 101

Tips to set yourself up for blending success.

Do not go past the MAX LIQUID line when loading the pitcher.

Overfilling the pitcher with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

Top off with ice or frozen ingredients.



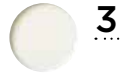
5

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



4

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



3

Next add leafy greens and herbs.



2

Start with fresh fruits and vegetables. For best results, cut into 2.5 cm pieces.



1

NOTE: When using the stacked blade assembly, use the flat lid.

Chopping Prep 101

Tips to simplify your food processing and chopping.



Total Crushing* and Chopping Blade Assembly (Stacked Blade)



PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 5 cm pieces, and broccoli or cauliflower florets into 2.5 cm pieces. Cut ingredients such as onions in quarters.



PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 5 cm cubes.

CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop, and three times for a mince.

WARNING: Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

Food Processing 101

Tips and tricks for the disc assemblies.

NOTE: Install the disc spindle in the pitcher before installing the disc assembly.



REVERSIBLE SLICING/SHREDDING DISC

The reversible slicing/shredding disc is perfect for outputs like thinly sliced cucumbers and shredded carrots. Face the side labeled “slicer” up for slicing and face the side labeled “shredder” up for shredding.



SHREDDING



SLICING

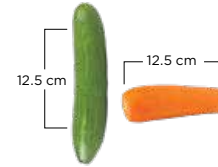


GRATING DISC (not available in all models)

The grating disc is ideal for outputs like grated Parmesan cheese.

WARNING: DO NOT process ingredients past the **DISC MAX** line.

WARNING: Ensure cheese is well chilled before slicing/shredding or grating. **DO NOT** slice, shred, or grate frozen cheese.



FOOD PREP TIPS

Trim ingredients so they are in 10 cm to 12.5 cm pieces or slightly over the height of the feed chute.

DO NOT cut ingredients smaller than the height of the feed chute.



Cut both ends off ingredients to create flat surfaces. Trim tapered ingredients like carrots to make them more symmetrical.



Larger ingredients, such as potatoes, may need to be cut in half lengthwise.

USING THE 2-PART PUSHER

Use the 2-part food pusher to help guide the food through the feed chute. The middle piece of the food pusher is removable to use for narrow ingredients, such as carrots. Rotate the top clockwise and lift to separate the pieces.

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Dough basics 101

Tips and tricks for creating the perfect dough.



KNEADING

Once a dough ball forms, remove it from the pitcher and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat. Kneading is complete when the dough is no longer sticky, is smooth on the outside, and bounces back when pressed with your fingers.

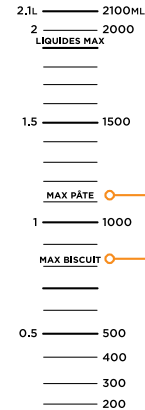


PROOFING

Usually done for breads, proofing is when the dough is allowed to **rest and rise** one last time before baking. It gives bread a light and airy texture. To create ideal proofing conditions, heat oven to 75°C. Place dough ball in a greased oven-safe bowl and cover loosely with plastic wrap. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to proof in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the Pitcher. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
240 ml	120 ml
180 ml	90 ml
160 ml	80 ml
120 ml	60 ml
80 ml	40 ml
60 ml	2 tbsp
1 tbsp	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp

Dough basics 101 cont.

Loading tips for making different doughs and batters.

DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of pitcher and dough ball forms.



COOKIES

Unit can make a max of 24 28 g cookies at a time.

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins, and nuts). Stir to combine.



BISCUITS, PIES & SCONES

Unit can make a max of 8 biscuits of scones or one 30 cm round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Use the dial to select DOUGH, then press START/STOP.
- 2 Add cold liquids (such as cold milk or water) and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Remove dough ball and knead to combine, if needed.



PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30 cm round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Use the dial to select DOUGH, then press START/STOP.
- 2 Remove dough ball and knead to combine, if needed.



CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 30 cm round cake, one 20 cm x 20 cm pan brownies, 12 muffin or one 20 cm x 10 cm loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on speed 1 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press iQ/Manual and with speed 1 selected, press START/STOP. Blend until combined.

DOUGH KICKSTARTER

Pizza Dough

PREP: 20 MINUTES | **RISE:** 45 MINUTES
CONTAINER: 2.1 L PITCHER | **BAKE:** 20-25 MINUTES

INGREDIENTS

1 (7 g) packet active dry yeast	110 ml olive oil
1 teaspoon granulated sugar	340 g all-purpose flour
240 ml warm water (40°-45°C)	1 teaspoon kosher salt

DIRECTIONS



Install the dough blade in the 2.1 L Pitcher. Place the yeast, sugar, and warm water in the pitcher and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour, and salt. Install the lid, then select DOUGH and press START/STOP.



Remove dough ball from pitcher and knead for two minutes. Refer to the Dough basics 101 page for information on how to knead.



Place dough ball in a lightly oiled bowl. Cover loosely with plastic wrap and allow to rise for 45 minutes or until dough has doubled in size. Refer to the Dough basics 101 page for tips on how to rise/proof the dough.



Once dough ball has risen, preheat oven to 220°C. Roll dough out into a 30 cm round and place on a greased baking sheet.



Add your favourite pizza toppings and bake for 20 to 25 minutes or until golden brown.

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

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XL POWER
SMOOTHIE
BOWL



XL POWER SMOOTHIE BOWL EXCLUSIVE

AÇAÍ BERRY BOWL

PREP: 5 MINUTES

CONTAINER: 530 ML POWER SMOOTHIE BOWL

MAKES: 1 SERVING

INGREDIENTS

Almond milk
1 packet (100 ml) açai puree,
slightly thawed, cut in quarters
Frozen mixed berries
Sweetener of choice, as desired

DIRECTIONS

1. Pour almond milk into the 530 ml smoothie bowl, filling to the Liquid Fill line.
2. Add quartered açai puree and frozen mixed berries and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
3. Select BOWL, then press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
4. Remove blades from bowl after blending.
5. Decorate with toppings of your choice and serve.



2.1 L PITCHER



STACKED BLADE

POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

DRAGON FRUIT BOWL

PREP: 5 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 3-4 SERVINGS

INGREDIENTS

Coconut milk
Frozen dragon fruit
Frozen pineapple chunks
Sweetener of choice, as desired

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher.
2. Pour coconut milk into the pitcher, filling to the 470 ml line.
3. Add frozen dragon fruit and frozen pineapple and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install flat lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.

1. **oz**

[+KBleday@sharkninja.com] we used the SS400 US Version IG. Unfortunately not all recipes are in metric so please help review. I also have this due for next Wed. hoping that will give you enough time. [Gaby Desir]

**XL POWER
SMOOTHIE
BOWL**



XL POWER SMOOTHIE BOWL EXCLUSIVE

ALMOND BUTTER

PREP: 5 MINUTES

CONTAINER: 530 ML POWER SMOOTHIE BOWL

MAKES: 1 CUP

INGREDIENTS

- 1 1/2 cups roasted almonds
- 2 tablespoons canola oil

DIRECTIONS

1. Place all ingredients in the 530 ml smoothie bowl in the order listed, then install the blade assembly.
2. Select iQ/Manual, and with speed 10 selected, press START/STOP to begin blending. Twist the built-in tamper counterclockwise continuously while processing until desired consistency is reached.
3. Remove blades from bowl after blending.

TIP For best cleaning results, wash the bowl maker and blade assembly in the dishwasher.

20



**XL POWER
SMOOTHIE
BOWL**



XL POWER SMOOTHIE BOWL EXCLUSIVE

BLACK BEAN DIP

PREP: 5 MINUTES

CONTAINER: 530 ML POWER SMOOTHIE BOWL

MAKES: 4 SERVINGS

INGREDIENTS

- 1 can (14 ounces) black beans, drained, rinsed
- 1/3 cup salsa
- 3 garlic cloves, peels removed
- 2 teaspoon lime juice
- 2 teaspoon cumin
- 1 teaspoon water
- 1/4 teaspoon kosher salt
- 1/4 cup cilantro

DIRECTIONS

1. Place all ingredients in the 530 ml smoothie bowl in the order listed, then install the blade assembly.
2. Select iQ/Manual, and with speed 10 selected, press START/STOP to begin blending. Twist the built-in tamper counterclockwise continuously while processing until desired consistency is reached.
3. Remove blades from bowl after blending.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

AU GRATIN POTATOES

PREP: 10 MINUTES

COOK: 1 HOUR 15 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 6-8 SERVINGS

INGREDIENTS

- 2 blocks (8 ounces each) sharp cheddar cheese
- 3 russet potatoes, peeled, cut in half
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 2 1/4 cups milk
- Kosher salt, as desired
- Ground black pepper, as desired
- 3 green onions, sliced, for garnish

DIRECTIONS

1. Preheat the oven to 200°C.
2. Install the disc spindle in the 2.1 L Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place 1 cheese block in the feed chute. Select DISC and press START/STOP. Use the pusher to push the cheese through the chute. Repeat with remaining cheese. When processing is complete, remove the lid, disc, and spindle and set the cheese aside.
3. Reinstall the disc spindle in the pitcher. Place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 potato half in the feed chute. Select DISC and press START/STOP. Use the pusher to push the potato through the chute. Repeat with remaining potatoes. When processing is complete, remove the lid, disc, and spindle and set the potatoes aside.
4. Place a large pot over medium heat with the butter. Once melted, add the flour and whisk until a light brown paste forms.
5. Slowly pour half the milk into the pot and whisk until combined. Add the remaining milk and continue to whisk until fully combined.
6. Season the sauce with salt and pepper and bring to a simmer, then cook for 3 to 5 minutes to thicken. The sauce should coat the back of a spoon.
7. While the sauce is simmering, layer the potatoes to cover the bottom of a 22.5 cm x 32.5 cm baking dish. After each layer, sprinkle the potatoes with cheese. Repeat until all the potatoes have been used.
8. Pour the sauce over the potatoes and sprinkle with any remaining cheese. Cover with foil and bake for 1 hour.
9. After 1 hour, remove the foil and bake until the cheese is golden brown, about 15 minutes.
10. When cooking is complete, remove the pan from oven and allow to cool slightly. Garnish with sliced green onions and serve.

2.1 L PITCHER



REVERSIBLE
SLICING/
SHREDDING DISC

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

PARMESAN & PANKO CRUSTED ZUCCHINI CHIPS

PREP: 10 MINUTES

COOK: 6 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 4-6 SERVINGS

INGREDIENTS

1/2 cup all-purpose flour

2 large eggs, lightly beaten

1 cup panko bread crumbs

1/2 cup grated Parmesan cheese

2 small zucchini, ends trimmed

1/2 cup vegetable oil, divided

Kosher salt, as desired

Marinara sauce, for serving

DIRECTIONS

1. Place the flour in a medium bowl. Place the beaten eggs in a second bowl. In a third bowl, combine the bread crumbs and Parmesan.
2. Install the disc spindle in the 2.1 L Pitcher. Place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 zucchini in the feed chute. Select DISC and press START/STOP. Use the pusher to push the zucchini through the chute. Repeat with remaining zucchini.
3. When processing is complete, remove the lid, disc, and spindle.
4. Working in batches, evenly cover the zucchini rounds by dredging in flour, dipping in the egg wash, then dredging in the bread crumb mixture.
5. Place a large skillet over medium heat with 1/4 cup vegetable oil. Once the oil is hot, carefully add the breaded zucchini rounds and cook until golden brown, 1 to 2 minutes each side.
6. Remove the zucchini from the oil, place on a plate lined with paper towel and sprinkle with salt. Repeat with remaining zucchini slices, adding oil to the pan as necessary.
7. When cooking is complete, serve chips hot with marinara sauce for dipping.

2.1 L PITCHER



REVERSIBLE
SLICING/
SHREDDING DISC

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

VEGGIE FRITTERS

PREP: 10 MINUTES

COOK: 20 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 10 FRITTERS

INGREDIENTS

- 2 zucchini, ends trimmed
- 3 carrots, peeled, ends trimmed
- Kosher salt, as desired
- 2 cloves garlic, peeled, minced
- $\frac{2}{3}$ cup all-purpose flour
- 2 large eggs, lightly beaten
- $\frac{1}{3}$ cup sliced scallions
- Ground black pepper, as desired
- 2 tablespoons olive oil
- Sour cream or plain yogurt, for serving

DIRECTIONS

1. Install the disc spindle in the 2.1 L Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place 1 zucchini in the feed chute. Select DISC and press START/STOP. Use the pusher to push the zucchini through the chute. Repeat with remaining zucchini and carrots.
2. When processing is complete, remove the lid, disc, and spindle.
3. Transfer zucchini and carrots to a colander, sprinkle with salt, and let sit for 10 minutes. Then use your hands and a paper towel or kitchen towel to squeeze out as much moisture as possible.
4. Place zucchini and carrots in a large bowl along with the garlic, flour, eggs, scallions, salt, and pepper and stir with a spatula until evenly combined.
5. Place a large skillet over medium-high heat with olive oil. Once the oil is hot, add $\frac{1}{4}$ cup of the veggie mixture to the pan and flatten slightly with the back of the measuring cup.
6. Cook fritters for 3 minutes on each side or until golden brown and crispy. Transfer the fritters to a plate lined with paper towel and season with salt. Repeat with the remaining mixture.
7. Serve the fritters immediately with sour cream or yogurt for dipping.

2.1 L PITCHER



REVERSIBLE
SLICING/
SHREDDING DISC

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

SESAME SEED BUNS

PREP: 10 MINUTES

RISE: 15 MINUTES

BAKE: 13-15 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 8 BUNS

INGREDIENTS

- 1 tablespoon active dry yeast
- 2 tablespoons white sugar
- 240 ml warm water (40–45°C)
- 60 ml warm whole milk (40–45°C)
- 1 1/2 teaspoons kosher salt
- 2 large eggs, divided
- 2 tablespoons unsalted butter, softened
- 440 g all-purpose flour
- 1 tablespoon milk
- 1 tablespoon sesame seeds

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

2.1 L PITCHER



DOUGH BLADE

DIRECTIONS

1. Preheat oven to 200°C. Line a baking sheet with parchment paper and set aside.
2. Install dough blade in the 2.1 L Pitcher. Stir together yeast, sugar, warm water, and warm milk and pour into pitcher. Allow to sit for 5 minutes.
3. After 5 minutes, add salt, 1 egg, butter, and flour to the pitcher, then install the flat lid. Select DOUGH and press START/STOP. If more mixing is needed, run on speed 1 until combined.
4. Remove the lid and dough blade. Transfer dough to a floured work surface and knead a few times with your hands, then form it into a ball. Cut the dough ball into 8 pieces. Shape each piece into a ball and place evenly spaced apart on the prepared baking sheet.
5. Loosely cover the dough balls with a clean kitchen towel and let rise for 15 minutes.
6. While the dough is rising, mix remaining 1 egg with 1 tablespoon milk in a small bowl. After 15 minutes, remove towel and brush the tops of the buns with the egg wash, then sprinkle with sesame seeds.
7. Bake for 13 to 15 minutes or until golden brown.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

VEGGIE BURGERS

PREP: 5 MINUTES

COOK: 8 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 4 BURGERS

INGREDIENTS

- 1/2 red onion, peeled, cut in half
- 2 cloves garlic, peeled
- 2 cans black beans, rinsed, drained, divided
- 1 canned chipotle pepper in adobo sauce, plus 3 teaspoons adobo sauce
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons salsa
- 1 large egg
- 55 g panko bread crumbs
- 80 g corn (fresh, canned, or thawed frozen)
- 2 tablespoons canola oil
- 1 head butter lettuce, leaves separated
- 1 avocado, sliced

2.1 L PITCHER



STACKED BLADE

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher. Place onion and garlic in the pitcher, then install the flat lid. Select CHOP and press START/STOP.
2. When program is complete, add half the beans, then add the chipotle pepper, adobo sauce, cumin, salt, pepper, salsa, and egg to pitcher. Reinstall the flat lid. Select CHOP and press START/STOP.
3. Once processing is complete, run CHOP program again.
4. When program is complete, remove the lid and stacked blade from pitcher and transfer black bean mixture to a bowl. Add bread crumbs, corn, and remaining black beans to the bowl and combine evenly.
5. Form 4 patties with the mixture. Heat oil in a pan over medium-high heat, then cook burgers for 4 minutes on each side.
6. When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

MEATBALLS

PREP: 10 MINUTES

COOK: 40 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

60 ml milk

55 g bread crumbs

1/4 small onion, peeled, cut in 5 cm pieces

2 cloves garlic, peeled

25 g parsley leaves, chopped

450 g uncooked ground beef

25 g shredded Parmesan

1/2 teaspoon crushed red pepper

1 large egg, beaten

Kosher salt, as desired

Ground black pepper, as desired

2 tablespoons all-purpose flour

1 tablespoon canola oil

1 jar (740 ml) marinara or pasta sauce

2.1 L PITCHER



STACKED BLADE

2.1 L PITCHER



DOUGH BLADE

DIRECTIONS

1. Preheat oven to 190°C.
2. Combine milk and bread crumbs in a small bowl and set aside.
3. Install stacked blade in the 2.1 L Pitcher. Place onion, garlic, and parsley in pitcher, then install the flat lid. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
4. Remove stacked blade. Install dough blade.
5. Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt, and pepper in pitcher.
6. Select speed 1 and run until desired consistency is reached. Remove lid and dough blade.
7. Using your hands or a 2.5 cm scoop, form meat mixture into 12 meatballs. Coat in flour.
8. Heat a large sauté pan over medium high heat. Add oil, and cook meatballs until golden brown, turning frequently.
9. Pour pasta sauce into an 20 cm x 20 cm baking dish. Place meatballs into dish and place casserole dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 74°C.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

CAULIFLOWER FRIED RICE

PREP: 5 MINUTES

COOK: 10 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 2-3 SERVINGS

INGREDIENTS

- 1 head cauliflower, cut in 2.5 cm florets
- 2 tablespoons canola oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, peeled, grated
- 150 g frozen mixed vegetables (corn, peas, carrots, green beans, etc.)
- 2 tablespoons soy sauce
- Kosher salt, as desired
- Ground black pepper, as desired
- 3 green onions, sliced
- Sesame seeds, for garnish

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher. Place cauliflower in the pitcher, then install the flat lid. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
2. Heat oil in a pan over medium-high heat, then sauté garlic and ginger until golden brown.
3. Remove lid and stacked blade. Add riced cauliflower, vegetables, soy sauce, salt, and pepper to the pan and cook until cauliflower is tender and vegetables are warmed through, for about 8 minutes.
4. Garnish with green onions and sesame seeds and serve.

2.1 L PITCHER



STACKED BLADE

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

TOMATO GALETTE

PREP: 15 MINUTES

CHILL: 10 MINUTES

COOK: 1 HOUR

CONTAINER: 2.1 L PITCHER

MAKES: 6-8 SERVINGS

INGREDIENTS

- 4-ounce chunk smoked gouda cheese
- 1 1/2 pounds heirloom tomatoes, cut in half, ends trimmed
- 1 store-bought pie crust, thawed
- 1/4 teaspoon dried oregano
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 large egg, lightly beaten

DIRECTIONS

1. Preheat oven to 200°C and line a baking sheet with parchment paper.
2. Install the disc spindle in the 2.1 L Pitcher. Place the Reversible Slicing/Shredding Disc, shredding side up, on the spindle. Install the feed chute lid and place the cheese in the feed chute. Select DISC and press START/STOP. Use the pusher to push the cheese through the chute. When processing is complete, remove the lid, disc, and spindle. Transfer cheese to a bowl and set aside.
3. Reinstall the disc spindle in the pitcher, then place the Reversible Slicing/Shredding Disc, slicing side up, on the spindle. Install the feed chute lid and place 1 piece of tomato in the feed chute. Select DISC and press START/STOP. Use the pusher to push the tomato through the chute. Repeat with remaining tomatoes. When processing is complete, remove the lid, disc, and spindle. Transfer tomato slices to plate lined with paper towel to absorb moisture.
4. Roll out the pie dough on the prepared baking sheet. Evenly cover with cheese, leaving a 3.5 cm border.
5. Arrange the tomatoes on top of the cheese, then season with oregano, salt, and pepper. Fold the edges of the dough up and over filling, overlapping as needed to create a 3.5 cm crust.
6. Brush the dough with the egg, then chill in the refrigerator for 10 minutes.
7. After 10 minutes, place the baking sheet in the oven and cook for 1 hour, rotating halfway through. When cooking is complete, remove from oven and allow to cool before serving.

2.1 L PITCHER



REVERSIBLE
SLICING/
SHREDDING DISC

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2.1 L PITCHER



STACKED BLADE



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

FRESH CITRUS MARGARITA

PREP: 10 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 4 SERVINGS

INGREDIENTS

1 lime, peeled, cut in half, seeds removed
1 lemon, peeled, cut in quarters, seeds removed
80 ml orange juice
60 ml triple sec
155 ml tequila
4 cups ice

DIRECTIONS

1. Install stacked blade in the 2.1 L pitcher, then place all ingredients into the pitcher in the order listed. Install flat lid.
2. Press iQ/MANUAL, then press START/STOP. Turn dial to steadily increase from speed 1 to speed 10 and blend until desired consistency is reached.

POWER NUTRI CUP® EXCLUSIVE

CREAMSICLE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700 ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

225 g frozen peach slices
1 orange, peeled, cut in quarters, seeds removed
60 g vanilla Greek yoghurt
120 ml orange juice

DIRECTIONS

1. Place all ingredients in the 700 ml single-serve cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE and press START/STOP.
3. Remove blades from cup after blending.

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POWER NUTRI CUP* EXCLUSIVE

ORANGE RASPBERRY SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700 ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 2 oranges, peeled, cut in quarters
- 60 g vanilla Greek yoghurt
- 120 ml milk
- 150 g frozen raspberries

DIRECTIONS

1. Place all ingredients in the 700 ml single-serve cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE and press START/STOP
3. Remove blades from cup after blending.

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

POWER NUTRI CUP* EXCLUSIVE

MINT PINEAPPLE REFRESHER

PREP: 5 MINUTES

CONTAINER: 700 ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- 1/2 green apple, cut in quarters
- 150 g pineapple, cut in 2.5 cm chunks
- 1/2 teaspoon lime juice
- 5 mint leaves
- 60 ml coconut water
- 2 ice cubes

DIRECTIONS

1. Place all ingredients in the 700 ml single-serve cup in the order listed, then install the blade assembly.
2. Select EXTRACT and press START/STOP.
3. Remove blades from cup after blending.

TIP If you're not a fan of mint, or want to enhance the pineapple flavour in this recipe, omit the mint.

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

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POWER NUTRI CUP EXCLUSIVE

GINGER ORANGE EXTRACT

PREP: 5 MINUTES

CONTAINER: 700 ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

2.5 cm piece ginger, peeled, cut in quarters

1 orange, peeled, cut in quarters

50 g raspberries

120 ml orange juice

75 g frozen pineapple chunks

75 g frozen mango chunks

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DIRECTIONS

1. Place all ingredients in the 700 ml single-serve cup in the order listed, then install the blade assembly.
2. Select EXTRACT and press START/STOP.
3. Remove blades from cup after blending.

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

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

BLUEBERRY MUFFINS

PREP: 5 MINUTES

BAKE: 15-20 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 12 MUFFINS

INGREDIENTS

- 1 stick (8 ounces) unsalted butter, softened
- 1 cup granulated sugar, plus more for sprinkling
- 2 large eggs
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1/2 cup whole milk
- 2 cups fresh or frozen blueberries

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

2.1 L PITCHER



DOUGH BLADE

DIRECTIONS

1. Preheat oven to 325°F and prepare one 12-muffin tin with muffin liners.
2. Install the dough blade in the 2.1 L Pitcher, then add butter, sugar, and eggs. Install the flat lid, then select DOUGH and press START/STOP.
3. Once processing is complete, remove the lid and add the remaining ingredients except for blueberries. Reinstall the lid and run the DOUGH program again.
4. Once complete, remove the lid and dough blade. Add blueberries and stir in with a spatula.
5. Next, divide the batter among the 12 cups and sprinkle each one with sugar.
6. Bake for 15 to 20 minutes or until golden brown.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

CHOCOLATE CHIP COOKIES

PREP: 10 MINUTES

BAKE: 8-10 MINUTES

CONTAINER: 2.1 L PITCHER

MAKES: 24 COOKIES

INGREDIENTS

- $\frac{3}{4}$ cup granulated sugar
- $\frac{3}{4}$ cup brown sugar
- 1 $\frac{1}{2}$ sticks ($\frac{3}{4}$ cup) butter, cut in cubes, softened
- $\frac{3}{4}$ teaspoon vanilla extract
- 2 large eggs
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon kosher salt
- 1 $\frac{3}{4}$ cup all-purpose flour
- 1 cup chocolate chips

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

2.1 L PITCHER



DOUGH BLADE

DIRECTIONS

1. Preheat oven to 190°C.
2. Install the dough blade in the 2.1 L Pitcher. Then place sugars, butter, vanilla extract, and eggs in the pitcher. Install the flat lid. Select DOUGH and press START/STOP.
3. Remove the lid and add remaining ingredients. Reinstall the lid, then run DOUGH program again. If more mixing is needed, run on speed 1 until combined.
4. Remove the lid and the dough blade. Stir in chocolate chips evenly with a wooden spoon or spatula.
5. Form dough into 2.5 cm balls and place on a baking sheet, evenly spaced. Bake for 8 to 10 minutes or until golden brown.

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NOTES

NOTES

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

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