

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



# NINJA®

NUTRI-BLENDER

10 delicious recipes



# Your Guide to Nutrient Extraction\*

Welcome to the Ninja® Nutri-Blender  
Inspiration Guide. It's here to help you  
start creating countless possibilities of  
nutrient-rich smoothies and frozen drinks.

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

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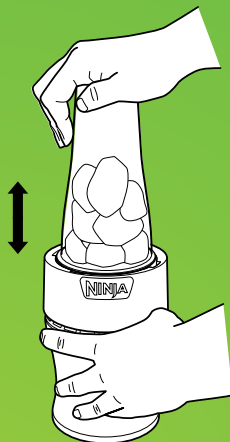


# Quick assembly & blending



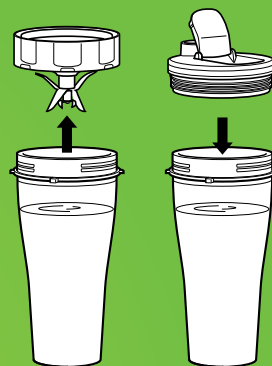
1.

Fill the cup with desired contents. Screw on the blade assembly until you have a tight seal.



2.

Flip the cup upside down and install on base. Push down on the cup to pulse or blend.



3.

When blending is complete lift the cup off the base. Remove the blades by twisting counter-clockwise, and add the spout lid to take on-the-go.



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

# 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 Pro Extractor 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.

SHAKES



# TOP O' THE MORNIN'

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1 1/2 small ripe bananas, cut in 2.5 cm pieces

1 orange, peeled, cut in quarters,  
seeds removed

240 ml unsweetened almond milk

1 scoop protein powder

1/2 teaspoon ground cinnamon

140 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

# BRIGHT SIDE MOCHA SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1 small ripe banana, cut in 2.5 cm pieces

80 ml brewed coffee, chilled

160 ml unsweetened almond milk

1 tablespoon agave nectar

2 tablespoons almond butter

2 teaspoons unsweetened cocoa powder

Dash salt

330 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

SHAKES



# TRAIL MIX IN A GLASS

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

- 60 g raw unsalted almonds
- 3 tablespoons raw unsalted pumpkin seeds
- 1 tablespoon raw sesame seeds
- 3 tablespoons dried cranberries
- 3 tablespoons pomegranate juice
- 300 ml unsweetened vanilla almond milk
- 2 tablespoons honey
- 140 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend until ingredients are smooth.
3. Remove blades from cup after blending.



# COCONUT MANGO ENERGYADE

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

55 g mango chunks

8 fresh mint leaves

480 ml coconut water

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

SMOOTHIES



## SMOOTHIES



# POWERBALL

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

- 1 small ripe banana, cut in 2.5 cm pieces
- 240 ml unsweetened coconut milk
- 1 teaspoon unsweetened cocoa powder
- 160 g frozen blueberries

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

# BERRY TROPICAL SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

70 g pineapple chunks

55 g mango chunks

50 g strawberries, hulled, cut in quarters

110 g blueberries

10 g baby spinach

120 ml water

70 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

SMOOTHIES





# STRAWBERRY MELON BLAST

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/2 medium cucumber (about a 10 cm piece),  
peeled, cut in 2.5 cm pieces

6 strawberries, hulled, cut in half

120 g rock melon chunks

140 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

**TIP**

If you prefer a thinner smoothie, add more liquid.

# SWEET & SPICY SPINACH

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1 green apple, cored, cut in quarters

½ lemon, peeled, seeds removed

1 cm piece fresh ginger, peeled

15 g baby spinach

120 ml apple juice

1 tablespoon agave nectar or honey

60 ml water

140 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

EXTRACTS





# KIWI COOLER

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1 small celery stalk (approx. 25 cm long),  
cut in 2.5 cm pieces

60 g green cabbage, chopped

3 dates, pits removed

1 ripe kiwi, peeled

20 g baby spinach

240 ml hazelnut milk

140 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

# LEAN GREEN NINJA

**PREP:** 5 MINUTES

**CONTAINER:** 590 ML NINJA® CUP

**MAKES:** 1 SERVING

## INGREDIENTS

70 g pineapple chunks

60 g mango chunks

1 small ripe banana, cut in 2.5 cm pieces

10 g kale leaves

10 g baby spinach

180 ml coconut water

70 g ice cubes

## DIRECTIONS

1. Place all ingredients into the 590 ml Ninja Cup in the order listed.
2. Screw the blade assembly onto the cup, and blend to mix the ingredients until smooth.
3. Remove blades from cup after blending.

EXTRACTS





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