

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



NINJA®

**NUTRI PRECISION
BLENDER**

10 delicious recipes



Your Guide to Nutrient Extraction*

**Welcome to the Ninja® Nutri Precision
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.

Table of contents

Quick assembly & blending	2
Load it up	3
Shakes	4
Smoothies	6
Extracts	8
Sauces & marinades	10

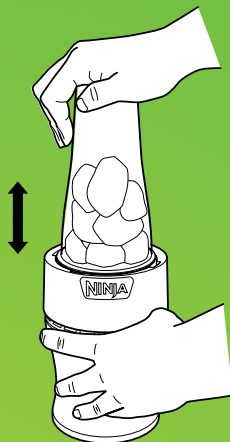


Quick assembly & blending



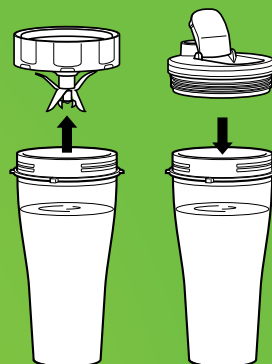
1.

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.

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.

SHAKES



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.

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





EXTRACTS

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.

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





HONEY CHIPOTLE DRESSING

PREP: 5 MINUTES

CONTAINER: 470 ML PRECISION PINT

MAKES: APPROX. 355 ML

INGREDIENTS

- 180 ml olive oil
- 80 ml red wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 2 canned chipotles in adobo sauce
- 2 tablespoons honey

DIRECTIONS

1. Add olive oil into the 470 ml Precision Pint, filling up to the OIL line.
2. Add red wine vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

CREAMY HERB DRESSING

PREP: 5 MINUTES

CONTAINER: 470 ML PRECISION PINT

MAKES: APPROX. 355 ML

INGREDIENTS

180 ml olive oil

8 teaspoons white wine vinegar

8 teaspoons lemon juice

1 teaspoon kosher salt

1 teaspoon ground black pepper

2 teaspoons onion powder

2 teaspoons garlic powder

approx. 20 g packed fresh dill

approx. 20 g packed fresh parsley

2 tablespoons mayonnaise

1 tablespoon plain Greek yogurt

DIRECTIONS

1. Add olive oil into the 470 ml Precision Pint, filling up to the OIL line.
2. Add white wine vinegar and lemon juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

SAUCES/
MARINADES



TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.



BLACKBERRY BALSAMIC

PREP: 5 MINUTES

CONTAINER: 470 ML PRECISION PINT

MAKES: APPROX. 355 ML

INGREDIENTS

180 ml olive oil

80 ml balsamic vinegar

1 teaspoon minced garlic

1/2 teaspoon kosher salt

1/2 teaspoon ground black pepper

1 tablespoon honey mustard

70 g blackberries

DIRECTIONS

1. Add olive oil into the 470 ml Precision Pint, filling up to the OIL line.
2. Add balsamic vinegar, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

ORANGE BEET VINAIGRETTE

PREP: 5 MINUTES

CONTAINER: 470 ML PRECISION PINT

MAKES: APPROX. 355 ML

INGREDIENTS

180 ml olive oil

80 ml fresh orange juice

1 teaspoon kosher salt

1 teaspoon ground black pepper

1 tablespoon honey mustard

60 g canned beets, liquid drained

DIRECTIONS

1. Add olive oil into the 470 ml Precision Pint, filling up to the OIL line.
2. Add orange juice, filling up to the VINEGAR/CITRUS line.
3. Add remaining ingredients in the order listed, making sure not to exceed the FLAVORING line.
4. Screw the blade assembly onto the cup, and pulse to mix the ingredients.
5. Remove blades from the cup after blending.

SAUCES/
MARINADES



TIP

Use the pouring lid or storage lid to store leftover dressing in the refrigerator for up to 2 weeks.

NINJA[®]

**NUTRI PRECISION
BLENDER**

© 2022 SharkNinja Operating LLC

NINJA is a registered trademark of SharkNinja Operating LLC.

PRO EXTRACTOR BLADES is a trademark of SharkNinja Operating LLC.

BN451ANZ_IG_10Recipe_MP_Mv3_221215