

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



NINJA
TWISTiTM
HIGH-SPEED
BLENDER DUOTM

QUICK & EASY RECIPES





Introducing the **POWER NUTRI™ JUG** with built-in **POWER PADDLE**

Switch from thick and luxurious textures like nut butters, pâtés and smoothie bowls to your favourite mocktails, cocktails and slushies with the press of a button.

The quick and easy twist of the built-in Power Paddle whilst blending pushes your ingredients down towards the blade creating the desired textures to suit your taste.

Perfect for thicker textures.

POWER NUTRI JUG

WITH POWER PADDLE



NO NEED TO TWIST the built-in power paddle for **DRINKABLE** outputs.

TWIST the built-in power paddle to push the ingredients towards the blade for **SPOONABLE** outputs.



Smoothies



Slushies



Cocktails



Protein Shakes

Drizzle hole can be used for adding liquid ingredients while processing.

Great for outputs such as dips, dressings and sauces.



Smoothie Bowls



Nut Butters



Frozen Treats



Dips

For best results, use **BLEND, CRUSH** or **SLUSH AUTO iQ** program for **DRINKABLE** outputs.

For best results, use **MIX** or **POWERMIX AUTO iQ** program whilst **TWISTING** the built-in power paddle for **SPOONABLE** outputs.



POWER NUTRI JUG KICK STARTER RECIPES

Customisable nut butter

The built-in power paddle allows you to get the thickest results. Use for smoothie bowls or spreads.

1. Add oil

Install blade assembly in the 1L Power Nutri Jug. Add 3 tablespoons oil, such as vegetable or peanut. For a larger portion, use 3½ tablespoons oil.

2. Add nuts

Place 250g of roasted nuts, such as almonds, peanuts, walnuts, cashews and/or pecans into the jug. For a larger portion, use 315g of nuts.

3. Add-ins (optional)

Amplify your nut butter by adding up to 1 tablespoon of each:



Seeds

Chia, pumpkin, sunflower or flax



Flavourings

Cinnamon, nutmeg, salt, cocoa powder or vanilla extract



Sweeteners

Honey, maple syrup or agave nectar



4. Blend

Select **POWERMIX** to begin blending. Twist the built-in power paddle anti-clockwise **continuously** while processing until desired consistency is reached. For best results, twist the built-in power paddle during the **entire program** time. If a smoother consistency is desired, run program again.

Stuck-on mess?

Rinse the lid and blade assembly under **WARM WATER** after processing. Screw on the blade assembly, fill the jug with warm water up to the 500ml max fill line and add **1 or 2 SMALL DROPS** of washing-up liquid. Attach the lid with the built-in power paddle, then select **MIX**. Twist the built-in power paddle anti-clockwise **continuously** while cleaning. Once complete, empty contents and rinse under warm water.

Mixed berry smoothie bowl

1. Add liquid

Install blade assembly in 1L Power Nutri Jug. Pour milk or milk alternative into the jug, filling to the **LIQUID FILL** line. For 1 serving, use the 240ml fill line or for 2 servings, use the 300ml fill line.

2. Add frozen fruit

Add **FROZEN** mixed berries, directly from freezer. For 1 serving, use the 500ml fill line or for 2 servings, use the 1000ml fill line.

3. Add-ins (optional)

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

4. Blend

Install the lid on the jug and then install the jug on the motor base.

Select **MIX** to begin blending. Twist the built-in power paddle anti-clockwise **continuously** while processing. For best results, twist the built-in power paddle during the **entire program** time.



5. Toppings

Pour into a bowl and top with fresh fruit, nuts, granola and seeds, such as:



Sliced banana



Fresh blueberries



Coconut flakes



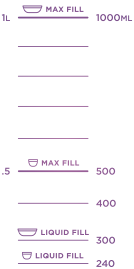
Granola



Chia seeds

DID YOU KNOW?

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



Smoothie bowl colour guide

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



Using the Power Nutri Cup

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

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.



PREP TIPS

For best results, cut ingredients in 2.5cm pieces.
Place frozen ingredients in the cup last.

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



TIPS FOR SMOOTHIE/ SHAKE MAKING



- If using fresh fruit, place this in the cup first. Then add in the liquid. If you are adding frozen fruit put this in after the liquid.



- Generally, when making your own smoothie recipe, use two thirds liquid to one third fruit.
- Some fruits have more water content, so the ratio of ingredients may change based on the fruits and texture desired.

- If you like a creamy thick smoothie or shake, use banana, avocado or cashew nuts mixed with fruit or vegetables to thicken.
- Adding dates (without stones) or dried apricots to a smoothie not only sweetens the mixture but adds fibre too.
- Oats and seeds in a smoothie or sprinkled on top not only add texture but help you feel fuller for longer.



- Don't throw away that ripe banana, cut into slices and freeze for smoothies and shakes, the ripeness will add natural sweetness too.
- When making smoothie bowls, if you prefer a thicker smoothie bowl, add frozen fruit or vegetables to the MAX FILL line in the Power Nutri Jug. We do not recommend fresh fruit to make smoothie bowls.



- Oats or chia seeds help to thicken a smoothie bowl, also adding protein and fibre too!
- If you like a cold smoothie, use frozen fruit and chilled ingredients.
- Chill the serving bowl in the freezer for a few minutes to keep smoothie bowls cool and prevent melting whilst you eat.
- Using a premium quality ice cream in shakes will enrichen the flavour and thickness.



ORANGE PASSIONFRUIT MELON SMOOTHIE

PROGRAM: BLEND

PREP: 5 MINUTES

CONTAINER: POWER NUTRI CUP

MAKES: 1 SERVING

INGREDIENTS

3 passion fruits, halved and pulp removed
1 medium nectarine, stone removed, sliced
150g ripe melon, chopped
125ml orange juice
100g vanilla ice cream

DIRECTIONS

- 1 Place all ingredients in the cup in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades after blending.



TIP Add another scoop of ice cream for a thicker consistency.



STRAWBERRY MILKSHAKE

PROGRAM: BLEND

PREP: 5 MINUTES

CONTAINER: POWER NUTRI CUP

MAKES: 1 SERVING



INGREDIENTS

100g strawberries, hulled and halved
200ml milk
75-100g vanilla ice cream

DIRECTIONS

- 1 Place all ingredients into the cup in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades from cup after blending.



TIP Add 1/2 teaspoon vanilla bean extract for extra flavour.

OREO® BISCUIT MILKSHAKE

PROGRAM: BLEND

PREP: 5 MINUTES

CONTAINER: POWER NUTRI CUP

MAKES: 1 SERVING



INGREDIENTS

200ml whole milk
8 Oreo® biscuits
100g vanilla ice cream

TOPPINGS (optional)

Whipped cream
Crushed Oreo® biscuits

DIRECTIONS

- 1 Place all ingredients in the cup in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades after blending. Then top with whipped cream and crushed Oreo biscuits, if desired.



MINT PINEAPPLE REFRESHER

PROGRAM: CRUSH
PREP: 5 MINUTES
CONTAINER: POWER NUTRI CUP
MAKES: 1 SERVING

INGREDIENTS

1/2 green apple, cut in quarters
165g pineapple, cut in 2.5cm chunks
1/2 teaspoon lime juice
5 mint leaves
60ml coconut water
30g ice cubes



DIRECTIONS

- 1 Place all ingredients in the cup in the order listed, then install the blade assembly.
- 2 Select CRUSH.
- 3 Remove blades after blending.

TIP Tinned pineapple can be used instead of fresh pineapple.

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



TROPICAL SMOOTHIE BOWL

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 1-2 SERVINGS

INGREDIENTS

Coconut milk
Frozen pineapple chunks
Frozen mango chunks
Sweetener of choice, as desired

TOPPINGS (optional)


Blueberries
Toasted coconut flakes
Flaked almonds
Chia seeds



DIRECTIONS

- 1 Install the blade assembly in the jug. Pour coconut milk into the jug, filling to the Liquid Fill line.
- 2 Add frozen pineapple, mangos and sweetener (optional) up to, but not exceeding, the Max Fill line. Lock lid into position.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove lid after blending.
- 5 Decorate with toppings of your choice and serve.


TIP For 1 serving, use:

 MAX FILL

 LIQUID FILL

For 2 serving, use:

 MAX FILL

 LIQUID FILL

STRAWBERRY PEACH MANGO BOWL

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 1-2 SERVINGS

INGREDIENTS

Whole milk
Frozen mango chunks
Frozen strawberries
Frozen peach slices
Sweetener of choice, as desired

TOPPINGS (optional)


Strawberry slices
Peach or mango diced cubes
Granola
Yoghurt




DIRECTIONS


- 1 Install the blade assembly in the jug. Pour milk into the jug, filling to the Liquid Fill line.
- 2 Add frozen mango, strawberries, peach slices and sweetener (optional) up to, but not exceeding, the Max Fill line. Lock lid into position.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove lid after blending.
- 5 Decorate with toppings of your choice and serve.


TIP For 1 serving, use:

 MAX FILL

 LIQUID FILL

For 2 serving, use:

 MAX FILL

 LIQUID FILL

RASPBERRY LEMONADE SLUSHIE

PROGRAM: SLUSH
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 2 SERVINGS

INGREDIENTS

1 unwaxed lemon, half zested, whole juice
4 tablespoons honey
150ml water
100g frozen raspberries
300g ice

TOPPINGS (optional)

Mint leaves
Raspberries



DIRECTIONS

- 1 Install blade assembly in the jug. Add raspberries, lemon zest, juice, honey, water and ice into the jug. Lock lid into position.
- 2 Select SLUSH.
- 3 Remove lid after blending. Serve slushie in tall glasses decorated with mint leaves and whole raspberries.

FROZEN MANGO MARGARITA

PROGRAM: SLUSH

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 2 SERVINGS



INGREDIENTS

150ml tequila
50ml triple sec or orange flavoured liqueur
200ml chilled mango juice
500g frozen mango chunks
4 tablespoons lime juice

TOPPINGS (optional)

Lime slices
Salt



DIRECTIONS

- 1 Install the blade assembly. Add all ingredients into the jug in the order listed. Lock lid into position.
- 2 Select SLUSH.
- 3 Remove lid after blending. Serve in margarita glasses with lime slices.

TIP Coat the rim of glasses with a little lime juice, then dip onto a flat plate covered with salt, shake off excess.

This recipe contains alcohol and therefore is only suitable for persons over the age of 18 only. Please drink responsibly.

PROGRAM: SLUSH

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 2 SERVINGS



INGREDIENTS

Juice of 4 limes
16 mint leaves
80ml vanilla syrup
150ml white rum
450g ice

TOPPINGS (optional)

Mint leaves



DIRECTIONS

- 1 Install blade assembly in jug. Add all ingredients into the jug in the order listed. Lock lid into position.
- 2 Select SLUSH.
- 3 Remove lid after blending. Serve in tall glasses with mint leaves.

This recipe contains alcohol and therefore is only suitable for persons over the age of 18 only. Please drink responsibly.

FROZEN STRAWBERRY DAQUIRI

PROGRAM: SLUSH

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 4 SERVINGS

INGREDIENTS

75ml chilled lime juice

200ml white rum

75ml sugar syrup

500g frozen strawberries

TOPPINGS (optional)

Basil leaves



DIRECTIONS

- 1 Install blade assembly in jug. Add all ingredients into the jug in the order listed. Lock lid into position.
- 2 Select SLUSH.
- 3 Remove lid after blending. Serve in glasses with basil leaves.

This recipe contains alcohol and therefore is only suitable for persons over the age of 18. Please drink responsibly.

SUNDRIED TOMATO AND BASIL PESTO

PROGRAM: PULSE/POWERMIX

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 1 SERVINGS

INGREDIENTS

150g sundried tomatoes in oil

10g basil leaves

1 garlic clove, peeled

90ml olive oil

25g pine nuts

25g grated Parmesan cheese or vegetarian equivalent

Salt and freshly ground black pepper as desired



DIRECTIONS

- 1 Install the blade assembly in jug. Place the sundried tomatoes, basil and garlic into the jug. Select PULSE for 5 seconds. Remove jug and scrape down ingredients between pulses if necessary.
- 2 Pour in the oil, nuts and Parmesan then select POWERMIX. Twist Power Paddle anti-clockwise continuously while blending to form a smooth pesto. Remove lid after blending.
- 3 Season pesto with salt and pepper as desired, then transfer to a bowl to serve.

TIP If you prefer a chunkier pesto, PULSE at point 2 until the desired consistency is reached.

TANDOORI MARINADE

PROGRAM: BLEND

PREP: 10 MINUTES

CONTAINER: POWER NUTRI CUP

MAKES: APPROXIMATELY 300ml



INGREDIENTS

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon cayenne pepper
- 1 tablespoon garam masala
- 1 tablespoon paprika
- 250ml Greek yoghurt
- 2 tablespoons lemon juice
- 4 garlic cloves, peeled
- 30g root ginger, peeled
- 1 red chilli, deseeded (optional)
- 1 teaspoon salt



DIRECTIONS

- 1 Place all ingredients in the cup in the order listed, then install the blade assembly.
- 2 Select BLEND. Remove blades after blending.
- 3 Add spout lid and store in the fridge until required.

TIP If you prefer a hotter, spicier marinade, use 2 chillies.

GUACAMOLE

PROGRAM: PULSE

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 4-6 SERVINGS



INGREDIENTS

- 1 small onion, peeled, quartered
- 1 small red chilli, deseeded
- 1 garlic clove, peeled
- 2 large tomatoes, deseeded, quartered
- 15g fresh coriander, stalks, leaves
- 2 large ripe avocados, halved, peeled
- Juice of 1 lime
- Salt and freshly ground black pepper, as desired
- Tortilla chips, to serve (optional)



DIRECTIONS

- 1 Install the blade assembly in jug. Place the first 5 ingredients in jug. Lock lid into position.
- 2 Select PULSE 4 times until roughly chopped.
- 3 Add avocado, lime juice and seasoning. Select PULSE 2-4 times until the desired consistency is reached.
- 4 Remove lid after blending and serve with tortilla chips.

TIP If you prefer a chunky guacamole, PULSE 1-2 times.

SALSA

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 4 SERVINGS

INGREDIENTS

- 1 garlic clove, peeled
- 1/2 small red onion, peeled, quartered
- 1 small red chilli, deseeded
- 1/4 red pepper, deseeded
- 250g tomatoes, deseeded, quartered
- Juice of half a lime
- 10g fresh coriander leaves, stalks
- Pinch of salt and pepper
- Pinch of sugar
- Tortilla chips to serve (optional)



DIRECTIONS

- 1 With the exception of the tortilla chips, place all ingredients in the jug in the order listed. Lock lid into position.
- 2 Select POWERMIX.
- 3 Remove lid after blending. Serve with tortilla chips.

CLASSIC PEANUT BUTTER

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 500ml

INGREDIENTS

- 2 tablespoons sunflower oil
- 400g roasted peanuts
- Salt as desired



DIRECTIONS

- 1 Install the blade assembly in jug.
- 2 Add all ingredients in the jug in the order listed. Lock lid into position.
- 3 Select POWERMIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove lid after blending.

TIP Store in an air tight container in the refrigerator up to 2 weeks.

BUTTER BEAN HOUMOUS

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 1 SERVING

INGREDIENTS

1 can (400g) butterbeans, drained (save 50ml liquid) and rinsed
15ml lemon juice
30ml olive oil
1 garlic clove, peeled
1 teaspoon sea salt
1 teaspoon rose harissa paste
1/2 teaspoon sweet smoked paprika

TOPPINGS (optional)

Extra-virgin olive oil
Paprika



DIRECTIONS

- 1 Install the blade assembly in the jug. Place all the ingredients into the jug in the order listed. Lock lid into position.
- 2 Select POWERMIX. Twist Power Paddle anticlockwise continuously while blending until the program is complete.
- 3 Remove lid after blending. Serve in a bowl drizzled with olive oil and sprinkled with paprika. Serve with crudités.

VEGGIE TOMATO SAUCE

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 4 SERVINGS

INGREDIENTS

1 garlic clove, peeled
1 large onion, peeled, cut in eights
2 sticks of celery, cut in thirds
2 carrots, peeled, halved
1 red pepper, deseeded, quartered
1 can (400g) plum tomatoes
1 tablespoon tomato purée
1 teaspoon sugar
1 teaspoon dried oregano or mixed herbs
Salt and freshly ground black pepper, as desired
1 bay leaf



DIRECTIONS

- 1 Install the blade assembly in jug. Place all ingredients, except for bayleaf into the jug in the order listed. Lock lid into position.
- 2 Select POWERMIX. Twist Power Paddle anticlockwise continuously while blending until the program is complete.
- 3 Remove lid after blending. Pour into a saucepan, add bay leaf and simmer with a lid on for 25 minutes or until thick.

AIOLI

PROGRAM: POWERMIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 150ml

INGREDIENTS

- 1 garlic clove, peeled
- 2 large egg yolks
- 1 teaspoon Dijon mustard
- 1 tablespoon white wine vinegar
- Salt and freshly ground black pepper, as desired
- 100–150ml sunflower or olive oil



DIRECTIONS

- 1 Install the blade assembly in jug. Place all ingredients, except for oil into the jug in the order listed. Lock lid into position.
- 2 Select POWERMIX. Use the drizzle hole and slowly start to pour oil in a steady stream through spout into jug until mixture is smooth and thick (this may take a few seconds).
- 3 Remove blades after blending. Transfer to an air tight jar. Store in refrigerator for up to 2 weeks.

BLUEBERRY FROZEN YOGHURT

PROGRAM: MIX
PREP: 5 MINUTES
CONTAINER: POWER NUTRI JUG
MAKES: 2-4 SERVINGS

INGREDIENTS

- 300g frozen blueberries
- 300ml vanilla Greek yoghurt
- Sweetener of choice, as desired

TOPPINGS (optional)

- Fresh blueberries
- Mint leaves



DIRECTIONS

- 1 Install the blade assembly.
- 2 Add frozen blueberries, yoghurt and sweetener (optional) into the jug. Lock lid into position.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove lid after blending. Decorate with blueberries and mint leaves and serve.

AMERICAN PANCAKES

PROGRAM: BLEND

PREP: 5 MINUTES

CONTAINER: POWER NUTRI JUG

MAKES: 12-14 PANCAKES

INGREDIENTS

250ml whole milk

2 large eggs

30g melted butter plus a large knob for cooking

200g self-raising flour

1 teaspoon baking powder

2 tablespoons caster sugar

1/4 teaspoon salt

TOPPINGS (optional)

Maple syrup

Yoghurt

Fresh mixed berries



DIRECTIONS

- 1** Install the blade assembly in jug. Place ingredients into jug in the order listed. Lock lid into position.
- 2** Select BLEND. Remove lid after blending.
- 3** Heat a large frying pan over a moderate heat. Add knob of butter to pan and heat until foaming. Ladle spoons of batter into pan. Cook pancakes for 2-3 minutes until small bubbles form on top and the underside is golden. Flip with a palette knife and cook for 2-3 minutes on the remaining side until cooked through.
- 4** Once the first batch of pancakes are cooked, transfer to a plate and repeat with the remaining batter.
- 5** Serve the pancakes with maple syrup, yoghurt and berries.

TIP Leaving batter to rest for 30 minutes will produce fluffier pancakes.



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NINJA
TWISTiTM

HIGH-SPEED

BLENDER DUOTM

© 2023 SharkNinja Operating LLC

AUTO-IQ and NINJA are registered trademarks of SharkNinja Operating LLC.

BLENDER DUO, HYBRID EDGE, POWER NUTRI, and TWISTI are trademarks of SharkNinja Operating LLC.

OREO is a registered trademark of Mondelez International of which Nabisco is a subsidiary.
Use of the OREO trademark does not imply any affiliation with or endorsement by Mondelez International.

CB150ANZ_IG_20Recipe_MP_Mv6