

NUTRI NINJA™

Getting Started
Assembly and Recipes

30
RECIPES!



BL450SM

Congratulations!

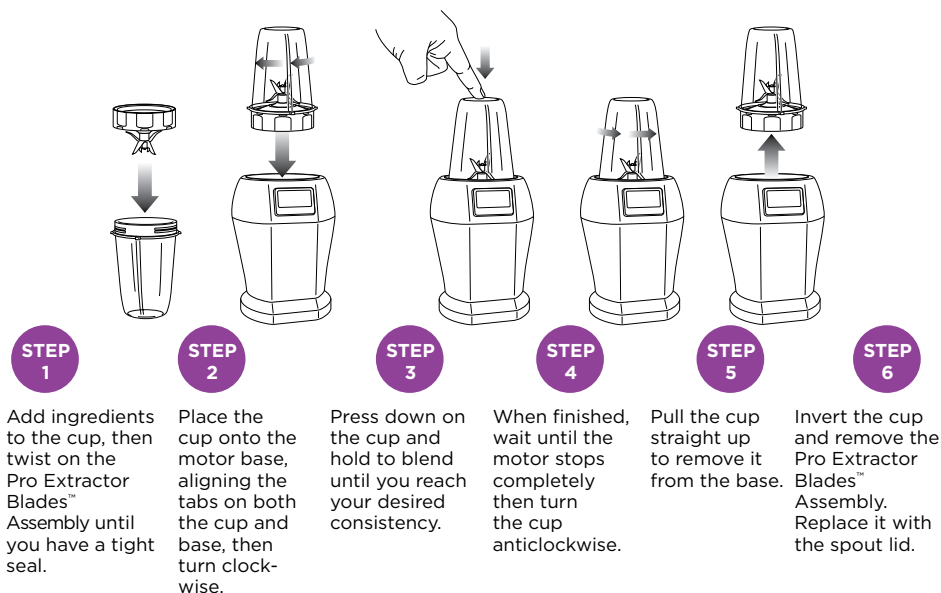
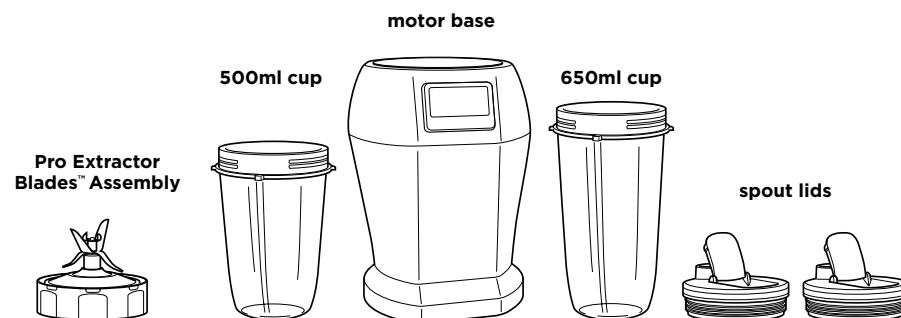
Prepare nutrient-rich juices, sauces and wholesome meals with the Nutri Ninja™ Pro Blender! Engineered with a powerful motor and blade system, this innovative Nutrient and Vitamin Extractor* produces smooth, uniform textures, nutrient-dense beverages, sauces, and dressings - all to support your Ninja™ - inspired lifestyle!

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

Nutri Ninja™ Pro Blender Quick Assembly



CAUTION: Remove the Pro Extractor Blades™ Assembly from the Nutri Ninja cup upon completion of blending. Do not store ingredients before or after blending them 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, use only spout lid to cover.

Hand washing: Wash containers, lid(s), and Pro Extractor Blades Assembly in warm, soapy water. When washing the Pro Extractor Blades Assembly, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle the Blade Assembly with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

Dishwasher: The containers, lid(s), and Pro Extractor Blades Assembly are all dishwasher safe. The lids and Pro Extractor Blades Assembly are top-rack dishwasher safe. Ensure the Blade Assembly is removed from the container before placing in the dishwasher.

WARNING: Handle the Pro Extractor Blades Assembly with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

Loading Instructions

When blending these common ingredients, order is everything. Use this visual guide to ensure your recipes turn out smooth and delicious every time.



Top off with ice or frozen ingredients.



Next add any dry or sticky ingredients.

Like seeds, powders, and nut butters.



Pour in liquid or yoghurt next.

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



Next add leafy greens and herbs.



Start by adding fresh fruits and vegetables.

FOR BEST RESULTS:

- Cut ingredients into 2.5cm chunks.
- Do not fill the cup past the MAX fill line.
- If you feel resistance on the blade assembly when fastening it to the cup, remove some ingredients.
- If blending soups or sauces, always ensure ingredients are cooled to room temperature before blending. Ninja™ cups are NOT intended for hot blending.
- Do not place frozen ingredients first in the Nutri Ninja™.

Mix n' Match Recipe Ideas

Create your own nutrient-rich juices or smoothies with these great food and flavour combos!

| These taste great | With any of these |
|---|--|
| Apples, Pears, Nut Milks | Cinnamon, Nutmeg, Almonds, Walnuts |
| Kale, Swiss Chard, Lettuce | Fresh Lemon, Pear, Kiwi, Ginger |
| Green Tea | Berries of all types, Tart Cherry and Pomegranate Concentrates |
| Sweet Potatoes, Carrots, Butternut Squash | Turmeric, Maple Syrup |
| Rocket | Mint, Pear, Apple |
| Pineapple, Mango, Papaya | Coconut, Banana |
| Strawberries | Basil, Mint, Goji Berries |





PREP TIME 5 minutes

top o' the mornin' smoothie

ingredients

1 banana, peeled
1 orange, peeled, cut in half
250ml vanilla almond milk
1g (½ tsp) ground cinnamon
1 scoop whey protein powder
125g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.



PREP TIME 5 minutes COOK TIME 5 minutes SERVINGS 4

buckwheat boosted pancakes

ingredients

| | |
|---------------------|------------------|
| 175ml skimmed milk | 3g baking powder |
| 45ml rapeseed oil | 5g sugar |
| 1 egg | 1g (½ tsp) salt |
| 40g honey | |
| 85g buckwheat flour | |
| 85g plain flour | |

directions

1. Place the buckwheat flour with all the ingredients in the order listed above into the Nutri Ninja™ 500ml cup and blend for 20 seconds.
2. Remove cup from the base and remove the blade from the cup after blending. Cover the cup with plastic wrap and let it sit for 1 hour.
3. On a lightly oiled griddle or frying pan over medium heat, pour the pancake batter in the desired size into the pan and cook until small bubbles form. Flip and continue cooking until centre of the pancake is puffed and springs back when gently pushed.



PREP TIME 6 minutes

orange sunshine splash

ingredients

150g silken tofu
30g goji berries
1 orange, peeled, cut in half
60ml fresh squeezed orange juice
40g honey
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.



PREP TIME 7 minutes

coffee soymoothie

ingredients

250ml strongly brewed decaf coffee, chilled
150g silken tofu
15g almond butter
1g (¼ tsp) cardamom powder
30g agave nectar or pouring honey
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 7 minutes

trail mix in a glass

ingredients

30g goji berries
60ml pomegranate juice
375ml unsweetened almond milk
60g honey
35g raw unsalted almonds
40g raw unsalted pumpkin seeds
10g raw sesame seeds
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.



PREP TIME 5 minutes

bright side mocha shake

ingredients

$\frac{3}{4}$ large banana
45ml brewed coffee, chilled
10g creamy almond butter
3g unsweetened cocoa powder
5g agave nectar or pouring honey
175ml almond milk
375g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 6 minutes

watermelon cooler

ingredients

¼ pear, seeded, cut into chunks
280g chilled watermelon, deseeded, cut into chunks
2 large fresh basil leaves with stems removed

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.



PREP TIME 4 minutes

purple potion

ingredients

115g beetroot, peeled, cut into chunks
300ml carrot juice
130g frozen blueberries

directions

1. Place the beetroot with 500ml of water into a small saucepan over medium heat and cook until tender. Drain, cool completely and set aside.
2. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
3. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes

gingered acai

ingredients

10g fresh ginger
375ml pomegranate juice
1g stevia
125g unsweetened acai berry purée, thawed
250g frozen strawberries

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.



PREP TIME 6 minutes

lean green ninja

ingredients

110g fresh pineapple, cut into chunks
110g fresh mango, cut into chunks
½ ripe banana
5g baby spinach
5g chopped kale, stems removed
125ml water
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.



PREP TIME 5 minutes

autumn blush

ingredients

145g steamed sweet potato, cooled
250ml almond milk
30ml maple syrup
3g flax seeds
1g (¼ tsp) ground turmeric
375g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 7 minutes

strawberry sin-sation

ingredients

200g fresh quartered strawberries, stems removed
3g fresh ginger
1g (1 tbsp) fresh mint with stems removed
175ml pomegranate juice
125ml coconut water
10g unsalted sunflower seeds
125g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.



PREP TIME 8 minutes

kicked up tomato cocktail

ingredients

¼ granny smith apple, unpeeled
1 small carrot, peeled, cut into quarters
8g red onion
¼ green chilli, seeded
55g beetroot, peeled

10g red cabbage, shredded
170g tomato, cut into quarters
90g cucumber, cut into chunks
½ stalk celery, cut into quarters
1g (¼ tsp) salt
125g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.



PREP TIME 5 minutes

cool ginger-pear

ingredients

1 ripe pear, seeded, cut into quarters
5g fresh ginger
530ml cold water
Sweetener, to taste

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 20 seconds.
2. Remove blades from cup after blending.
3. Pour mixture through a fine-mesh strainer to extract the flavoured water.
4. Can be stored in a container, other than the Nutri Ninja cup, for up to 3 days in the refrigerator.



PREP TIME 5 minutes

carrot tip top

ingredients

165g peeled carrots, cut into chunks
250ml carrot juice
20g ground flax seeds
100g silken tofu
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 45 seconds.
2. Remove blades from cup after blending.



PREP TIME 5 minutes

kiwi cooler

ingredients

2 dates, cut in half
1 stalk celery, cut into quarters
1 ripe kiwi, peeled, cut in half
40g kale
375ml hazelnut milk
250g ice

directions

1. Soak the dates in 250ml warm water for 30 minutes, then drain and set aside.
2. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 25 seconds.
3. Remove blades from cup after blending.



PREP TIME 5 minutes

two-berry tea

ingredients

175g fresh blueberries
20g goji berries
½ ripe banana
375ml rooibos tea, chilled, strongly brewed
250g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 5 minutes

coconut mango energyade

ingredients

160g fresh chopped ripe mango
1g fresh mint
550ml coconut water
Sweetener, to taste

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 20 seconds.
2. Remove blades from cup after blending.
3. Can be stored in a container, other than the Nutri Ninja cup, for up to 3 days in the refrigerator.



PREP TIME 10 minutes SERVINGS 500g

tabouli dip

ingredients

135g cucumber, quartered
 ¼ small onion, peeled, quartered
 2 ripe vine tomatoes, quartered
 5g fresh mint with stems removed
 20g flat leaf parsley
 15ml extra virgin olive oil
 45ml freshly squeezed lemon juice
 1g (½ tsp) salt
 1g (½ tsp) ground black pepper

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 500ml cup and blend for 15 seconds.
2. Remove blades from cup after blending.



PREP TIME 25 minutes COOK TIME 9 minutes SERVINGS 350g

french onion tofu dip

ingredients

15ml vegetable oil
 1 medium onion, chopped
 1g (½ tsp) salt
 1g (¼ tsp) ground black pepper
 45ml malt vinegar
 100g firm tofu
 115g cream cheese
 80g non-fat sour cream

directions

1. In a small frying pan at medium heat add the oil, onion, salt and black pepper. Fry ingredients 6-8 minutes or until caramelised, stirring occasionally. Add the malt vinegar, cook for 1 minute.
2. Remove from the heat and let cool for 10 minutes.
3. Place the cooked onion mixture, tofu, cream cheese and sour cream into the Nutri Ninja™ 500ml cup and blend for 15 seconds or until completely blended.
4. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 10 minutes SERVINGS 475g

avocado caesar dressing

ingredients

1 ripe avocado, pitted, cut in half
 30ml freshly squeezed lemon juice
 30ml apple cider vinegar
 250ml cold water
 30g oil cured anchovy fillets
 1g (½ tsp) ground black pepper
 40g parmesan cheese, cut into 2.5 cm pieces

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 500ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.



PREP TIME 10 minutes SERVINGS 400g

passion fruit-mustard vinaigrette

ingredients

30g Dijon mustard
 60ml rice wine vinegar
 45ml extra virgin olive oil
 180g non-fat sour cream
 1g (2 tbsp) fresh thyme, stems removed
 60g honey
 1g (½ tsp) salt
 125g frozen passion fruit pulp, thawed

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 500ml cup and blend for 25 seconds.
2. Remove blades from cup after blending.



PREP TIME 4 minutes

waldorf salad

ingredients

20g chopped romaine lettuce
300ml cups water
30g raw walnut halves
200g frozen red grapes

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 35 seconds.
2. Remove blades from cup after blending.



PREP TIME 15 minutes COOK TIME 30 minutes SERVINGS 4

kale and celeriac soup

ingredients

| | |
|--|--------------------------------|
| 10ml extra virgin olive oil | 85g kale, chopped |
| 1 garlic clove, peeled, chopped | 1g (1 tsp) salt |
| ½ small onion, chopped | 1g (¼ tsp) ground black pepper |
| 70g celeriac peeled, cut into 2.5cm pieces | 950ml unsalted vegetable stock |

directions

1. Pre-heat a 4.7 litre saucepan on medium-low heat.
2. Add the oil, garlic, and onions and gently stir for about 3-6 minutes or until translucent.
3. Add the remaining ingredients, bring to a boil, reduce the heat to medium low and cook for 20-25 more minutes or until the celeriac is fork-tender.
4. Remove from the heat and cool to room temperature.
5. In the Nutri Ninja™ 650ml cup, blend the soup mixture in two batches for 25-30 seconds. Remove blades from cup after blending.
6. Return to the pan and simmer until heated.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 10 minutes **COOK TIME** 25 minutes **SERVINGS** 420g

farm fresh ketchup relish

ingredients

¾ small onion, peeled, quartered, divided
½ red bell pepper, seeded, quartered
1 garlic clove, peeled
3 vine ripe tomatoes, quartered, seeded
45ml apple cider vinegar

1g (½ tsp) molasses
1g (¼ tsp) ground black pepper
120g baby dill pickles, cut in half
15g Dijon mustard

directions

1. Place the ½ small yellow onion, red bell pepper, garlic, vine ripe tomatoes, apple cider vinegar, molasses, ground black pepper into the 650ml cup and blend for 25 seconds.
2. Pour the tomato mixture into a 1.9L saucepan and cook at medium heat for 25 minutes, stirring occasionally.
3. Remove from the heat, pour into an airtight container, and refrigerate for 1 hour.
4. In the Nutri Ninja™ 650ml cup, place the ¼ small yellow onion, pickles, Dijon mustard, and the cooled tomato mixture and pulse 6 times.
5. Remove blades from cup after blending.



PREP TIME 10 minutes **COOK TIME** 10 minutes **SERVINGS** 60-120g servings

fresh and easy burgers

ingredients

225g flank steak, trimmed of fat, cut into 5cm pieces
Salt and fresh ground black pepper to taste
2 hamburger buns, sliced
Burger ketchup relish (see recipe page 29)
Toppings of choice

directions

1. Place the meat in the Nutri Ninja™ 650ml cup and blend for 15 seconds.
2. Remove blades from cup after blending.
3. Season the ground meat with salt and pepper and form into two patties.
4. Lightly coat a non-stick pan with cooking spray. Over medium heat, cook the burger to desired preference, about 4-5 minutes per side for medium.
5. Serve each burger on a bun with ketchup relish and toppings of choice.



PREP TIME 5 minutes COOK TIME 15 minutes SERVINGS 475g

tandoori marinade

ingredients

1g (1 tsp) fresh ginger
2 garlic cloves, peeled
15ml fresh squeezed lemon juice
125ml cold water
240g non-fat Greek yoghurt

55g dried ancho chilli peppers
10g fresh coriander, stems removed
1g (2 tbsp) garam masala powder
1g ($\frac{1}{8}$ tsp) ground nutmeg

directions

1. Place the dried ancho chilli peppers into a small pan and pour just enough water to cover the peppers. Bring to a boil, reduce to a simmer and cook for 10 minutes. Strain peppers and then cool.
2. Remove the top and seeds from the peppers.
3. Place all the ingredients in the order listed above into the Nutri Ninja™ 500ml cup and blend for 25 seconds.
4. Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME 3 minutes COOK TIME 4 minutes SERVINGS 2

chicken pitta sandwich

ingredients

20g tandoori marinade (see recipe page 31)
225g raw chicken breast, cut into 5cm pieces
2 x 20cm whole wheat pitta bread rounds
2 ripe vine tomatoes
8 lettuce leaves

directions

1. Marinate the chicken breast pieces in the tandoori marinade for 2 hours.
2. Place the marinated chicken breast pieces into the Nutri Ninja™ 500ml cup and pulse 5-7 times.
3. Remove blades from cup after blending.
4. Lightly coat a non-stick pan with cooking spray. Over medium heat, sauté the chicken mixture until cooked, about 4 minutes.
5. To assemble the sandwich, cut pitta bread rounds in half, open the pocket, place the lettuce, tomato and evenly divide the cooked ground chicken into the pockets.



PREP TIME 5 minutes **SERVINGS** 4 ice pops

tropical fresh fruit ice pops

ingredients

200g fresh mango
400g fresh pineapple
30g agave

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 30 seconds.
2. Remove blades from cup after blending.
3. Pour into ice pop moulds and freeze overnight or until solid.



PREP TIME 5 minutes **SERVINGS** 4

vanilla nut frozen treat

ingredients

160ml vanilla oat milk
1g (¼ tsp) pure vanilla extract
170g non-fat vanilla Greek yoghurt
1g stevia
45g walnut halves
625g ice

directions

1. Place all the ingredients in the order listed above into the Nutri Ninja™ 650ml cup and blend for 20 seconds.
2. Remove blades from cup after blending.



NINJA™

sharkninja.sg | sharkninja.my

The colour of your Nutri Ninja™ may differ from the photos

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