

# NUTRI NINJA<sup>®</sup>

## Auto-iQ<sup>®</sup>

ONE-TOUCH INTELLIGENCE

### INSPIRATION GUIDE

# 30

RECIPES



Nutri Ninja<sup>®</sup> Auto-iQ<sup>®</sup> Pro Complete

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# SUPER JUICE? MORE LIKE 'SMARTER' JUICE.

With Ninja® Auto-iQ®, powerful nutrient & vitamin extraction\* is a no-brainer. Simply push a button and let it work its magic. Pre-programmed pulses and pauses give you professional results without the guesswork. How smart is that?

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

NUTRIENT & VITAMIN EXTRACTION\*:

# HERE'S THE BREAK DOWN

How many people actually eat cantaloupe, seeds and all? Or ginger root with the skin left on? Strawberry stems? The answer is: approximately nobody. But the truth is, you're missing out on some key nutrients, like fibre, when you discard the skins, stems, and seeds.

You need a machine that can break down whole foods, ice and seeds — leaving no ingredient unblended and no nutrient behind. Luckily, the Nutri Ninja® Auto-iQ® Pro Complete does that and a whole lot more. Make a delicious drink that captures all of the nutrients and vitamins your ingredients have to offer, even those that would usually end up in the trash. Try that in your regular blender. (Just kidding, don't actually do that.)

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

HIGH-PERFORMANCE BLENDING

# DEAR ICE, ANY LAST WORDS?

Some traditional blenders might spin at high speeds, but the Nutri Ninja® Auto-iQ® Pro Complete combines high speed and power with a unique blade design and Auto-iQ® Technology to crush through the toughest ingredients and blend frozen fruit for refreshing, flavourful smoothies, milkshakes, and drinks. It's a winning combination that goes above and beyond nutrient and vitamin extraction\* capabilities. Plus, winning is fun.

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





PUT IT IN  
SMOOTH  
CONTROL.

## SEE, FEEL, AND TASTE THE DIFFERENCE

Ninja® has set a new standard in drink customisation. Now you can achieve a level of smoothness you never thought possible — all at the touch of a button.

Whether you want to crush ice and frozen fruit for refreshing, deliciously drinkable nutrient juices in seconds or whip up perfectly smooth drinks and smoothies, Auto-iQ® Smooth Boost™ puts you in the driver's seat. So, you have the power to control the texture and consistency of your beverage.



### QUICK TIPS

For refreshing, deliciously drinkable nutrient juices in seconds, make sure **SMOOTH BOOST "YES"** is illuminated, then press **EXTRACT**.

To whip up perfectly smooth drinks and smoothies, be sure **SMOOTH BOOST "YES"** is illuminated, then press **BLEND**.

If you'd prefer more texture and fullness in your drink, press **SMOOTH BOOST**, so that **"NO"** is illuminated. Then press **EXTRACT** or **BLEND**.



# LOAD IT UP

Now it's time to take your Nutri Ninja® Auto-iQ® Pro Complete for a spin. When it comes to loading the containers, order is everything. Use these Quick Tips and visual guide to ensure your recipes turn out smooth and delicious every time.


## QUICK TIPS



Make sure the Stainless Steel Nutri Ninja® cup is clean and dry to prevent ingredients from sticking or freezing to the sides.



Don't overfill the Nutri Ninja® cups. If you feel resistance when fastening the blade assembly to the cup, remove some ingredients.

 **CAUTION:** Do not blend hot liquids.





**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Sweet Spinach Detox

### INGREDIENTS

1 green apple, cut in eighths	125ml apple juice
½-inch piece fresh ginger, peeled	125ml water
¼ lemon, peeled, seeds removed	1 tablespoon honey
15g baby spinach	4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Spiced Carrot

### INGREDIENTS

2 medium carrots, peeled, cut in quarters	¼ teaspoon ground cinnamon
250ml carrot juice	Pinch of ground ginger
125g vanilla Greek yoghurt	8 ice cubes
2 teaspoons honey	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.





**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Pineapple Kick

### INGREDIENTS

250g fresh pineapple chunks	1 lime, peeled, cut in half
½ small jalapeño pepper, seeds removed	1 medium naval orange, peeled, cut in quarters
½-inch piece fresh ginger, peeled	4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 2 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Cranberry-Oat Soother

### INGREDIENTS

65g walnut pieces	1 tablespoon honey
100g whole-berry cranberry sauce	Pinch of salt
250ml oat milk	12 ice cubes
3 drops of vanilla essence	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 1 (510ml) serving

## Chai-Spiced Eye Opener

### INGREDIENTS

- 1 ripe pear, cored, cut in quarters
- ¼-inch piece fresh ginger, peeled
- 30g baby spinach
- 250ml brewed, chilled chai tea
- 2 teaspoons fresh lemon juice
- Pinch of salt
- 75g frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Blueberry Chill

### INGREDIENTS

- |   |                       |
|---|-----------------------|
| 75g chopped red cabbage                       | 75g watermelon chunks |
| 1 celery stalk, cut in half                   | 125ml water           |
| ½ green apple, unpeeled, uncored, cut in half | 6 ice cubes           |
| 100g blueberries                              |                       |

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.





**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (310ml) servings

## Ginger Pear Defence

### INGREDIENTS

1/4-inch piece fresh ginger, peeled  
1 ripe pear, cored, cut in quarters  
2 teaspoons fresh lemon juice  
550ml cold water  
Honey, to taste

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.

**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Orange Blush

### INGREDIENTS

75g fresh watermelon chunks  
180ml orange juice  
150g frozen strawberries  
4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 6 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (310ml) servings

## Lean Green Ninja

### INGREDIENTS

½ small ripe banana	10g baby spinach
75g fresh pineapple chunks	125ml coconut water
75g fresh mango chunks	8 ice cubes
10g kale leaves	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 2 (310ml) servings

## Island Mood Boost

### INGREDIENTS

100g fresh pineapple chunks	100g frozen strawberries
1 small ripe banana	100g frozen mango chunks
375ml coconut water	

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.

**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 1 (400ml) serving

## Rainbow Smoothie

### INGREDIENTS

¼-inch piece fresh ginger, peeled  
 7 green grapes  
 ¼ navel orange, peeled  
 1 ½-inch piece carrot, peeled  
 1 ½-inch piece celery  
 30g fresh pineapple chunks  
 ¼ small green apple, cut in half  
 30g fresh blueberries  
 ¼ vine-ripened tomato, cut in half  
 1-inch piece cucumber, cut in half  
 ¾-inch piece beet, peeled  
 10g spinach  
 ½ teaspoon flaxseed  
 4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 1 (340ml) serving

## Melon Mint Chiller

### INGREDIENTS

150g fresh honeydew melon chunks	15g spinach
¼ medium cucumber, cut lengthwise	2 or 3 mint leaves
¼ lime, peeled	4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.





**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 1 (450ml) serving

## Berries Galore

### INGREDIENTS

1 orange, peeled, cut in quarters  
60g blackberries  
60g raspberries  
30g blueberries  
4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Coconut Mango Energyade

### INGREDIENTS

100g fresh mango chunks  
500ml coconut water  
5g fresh mint leaves

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Store in refrigerator up to 3 days.



**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 2 (310ml) servings

## Two-Berry Tea

### INGREDIENTS

30g fresh blueberries	30g frozen strawberries
½ small ripe banana	8 ice cubes
300ml chilled green tea	

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes  
**Container:** 650ml Stainless Steel Nutri Ninja®  
**Makes:** 2 (285ml) servings

## Cherry Café Smoothie

### INGREDIENTS

125ml strongly brewed, chilled decaffeinated coffee	2 teaspoons agave nectar
125g fat free vanilla yoghurt	4 teaspoons unsweetened cocoa powder
	200g frozen cherries

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 1 (570ml) serving

## Banana & Oats

### INGREDIENTS

- 1 tablespoon walnut pieces
- 1 small ripe banana
- 250ml skimmed milk
- 125g fat free vanilla yoghurt
- 50g cooked, chilled oatmeal
- ¼ teaspoon ground cinnamon

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 1 (570ml) serving

## Top O' The Mornin'

### INGREDIENTS

- 1 small ripe banana
- 1 orange, peeled, cut in half
- 250ml vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop vanilla protein powder
- 4 ice cubes

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.







**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Servings:** 1 (450ml) serving

## Frozen Peach & Berry Parfait

### INGREDIENTS

25g plain granola

65g frozen peaches

125g vanilla Greek yoghurt

60g frozen mixed berries

180ml vanilla almond milk

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® EXTRACT.



### TIP

Add an extra tablespoon of cocoa powder for a richer smoothie.

**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Servings:** 1 (625ml) serving

## Mighty Mocha Protein Smoothie

### INGREDIENTS

125ml strongly brewed, chilled coffee

1 small frozen ripe banana

125ml chocolate almond milk

8 ice cubes

1 scoop chocolate protein powder

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.

## TIP

Add a large scoop of crème fraîche to make this soup rich and creamy.

**Prep time:** 5 minutes  
**Cook time:** 15-20 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 2 (225ml) servings

## Tomato Basil Soup

### INGREDIENTS

1 tin (400g) chopped tomatoes	1 tablespoon tomato puree or paste
1 clove garlic	Pinch of salt
5g fresh basil	Twist of black pepper
200g tinned vegetable soup (half a tin)	

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend until smooth, about 1 minute.
3. Pour soup into a medium saucepan and simmer 15 to 20 minutes.

**DO NOT** blend hot liquids.





**Prep time:** 5 minutes  
**Cook time:** 10 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 4 (170ml) servings

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## Pep in Your Step Soup

### INGREDIENTS

3 red bell peppers, peeled, roasted	10g flat leaf parsley, trimmed
30g sun-dried tomatoes	200g tinned vegetable soup (half a tin)
2 cloves garlic	Salt and pepper, to taste
100ml white wine	Balsamic vinegar, for garnish

### DIRECTIONS

1. Place all ingredients, except vinegar, into the 650ml Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Transfer to a medium saucepan and simmer until heated through, about 10 minutes. Serve warm, garnished with a splash of balsamic vinegar.

**DO NOT** blend hot liquids.





**TIP**

Try this dressing on greens, fruit, or even a chicken breast.

**Prep time:** 10 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 375ml

## Apricot-Mustard Dressing

### INGREDIENTS

2 tablespoons fresh thyme leaves	3 tablespoons olive oil
2 tablespoons Dijon mustard	3 tablespoons honey
50ml rice wine vinegar	150g apricot jam
100ml fat free sour cream	½ teaspoon salt

### DIRECTIONS

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend for 30 seconds.

**TIP**

Add olives, roasted garlic, or roasted red peppers to give this recipe your own personal twist.

**Prep time:** 5 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 300g

## Classic Hummus

### INGREDIENTS

1 tin (400g) chickpeas, drained, liquid reserved  
5 tablespoons chickpea liquid  
2 tablespoons fresh lemon juice  
2 tablespoons olive oil  
1 clove garlic

1 tablespoon tahini  
½ teaspoon ground cumin  
½ teaspoon salt  
Cut vegetables and pitta chips, for dipping

### DIRECTIONS:

1. Place all ingredients into the 650ml Nutri Ninja® in the order listed.
2. Select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pitta chips.

**Prep time:** 10 minutes  
**Container:** 650ml Nutri Ninja®  
**Makes:** 500g

## Walnut Red Pepper Dip

### INGREDIENTS

1 jar (200g) roasted red peppers	1 teaspoon ground cumin
Half a pitta bread	4 tablespoons / 60ml olive oil
50g walnuts	Pinch of salt
2 tablespoons fresh lemon juice	Pinch ground black pepper
2 tablespoons tomato paste	Cut vegetables and pitta chips, for dipping
¼ teaspoon dried chilli peppers	

### DIRECTIONS

1. Drain peppers and reserve liquid in a small bowl. Tear pita bread in 1-inch pieces and place in bowl of liquid to soften, about 3 minutes.
2. Place softened pita bread and remaining ingredients, except cut vegetables and pita chips, into the 650ml Nutri Ninja.
3. PULSE 3 times, then select START/STOP and blend until smooth. Transfer mixture to a serving bowl. Serve with cut vegetables and pita chips.



This  
image is  
extremely  
low res



**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Makes:** 2 (285ml) servings

## Frozen Hot Chocolate

### INGREDIENTS

- 250ml low fat milk
- 25g powdered milk
- 2 ½ tablespoons unsweetened cocoa powder
- 2 tablespoons agave nectar
- Pinch of salt
- 12 ice cubes

### DIRECTIONS

1. In a bowl, combine half of the low fat milk with the 25g powdered milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until ingredients have formed a smooth paste.
2. Place ice into the 650ml Stainless Steel Nutri Ninja® followed by the paste and add the remaining milk.
3. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Makes:** 2 (285ml) servings

## Crushed Peppermint Frozen Frappé

### INGREDIENTS

- 125ml almond milk
- 10 mint humbugs
- 175g low fat vanilla frozen yoghurt
- Peppermint sticks, for garnish

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.
3. Serve in small glasses garnished with peppermint sticks.



**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Makes:** 2 (250ml) servings

## Mango Cream

### INGREDIENTS

200ml coconut water

125g fat-free yoghurt

1 ½ tablespoons honey

225g frozen mango chunks

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Makes:** 2 (310ml) servings

## Monkey Madness

### INGREDIENTS

300ml almond milk

60g almond butter

1 tablespoon agave nectar

2 tablespoons unsweetened cocoa powder

1 small frozen ripe banana

8 ice cubes

### DIRECTIONS

1. Place all the ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.



**Prep time:** 5 minutes

**Container:** 650ml Stainless Steel Nutri Ninja®

**Makes:** 2 (285ml) servings

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## Iced Orange Chocolate Blast

### INGREDIENTS

2 oranges, peeled, cut in quarters

80ml skimmed milk

1 ½ teaspoons honey

¼ teaspoon ground cinnamon

2 teaspoons unsweetened cocoa powder

175g vanilla frozen yoghurt

### DIRECTIONS

1. Place all ingredients into the 650ml Stainless Steel Nutri Ninja® in the order listed.
2. Press Auto-iQ® BLEND.







**NUTRI  
NINJA**  
**Auto-iQ**  
ONE TOUCH INTELLIGENCE

