

NUTRI NINJA | NINJA BLENDER SYSTEM

Auto-iQ[®]
TECHNOLOGY

Let's Get Started!
Assembly, Tips & Recipes.

25
RECIPES!



Congratulations!

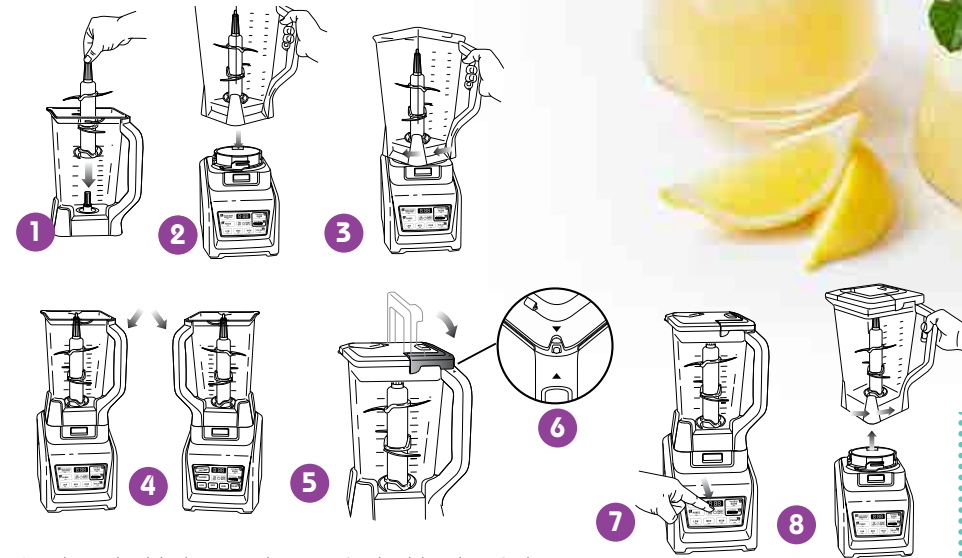
Welcome to the Ninja® Auto-iQ® Experience! Ninja's Auto-iQ® technology features intelligent programs that combine pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.

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Assembly & Disassembly

with pitcher



1. Place the blade onto the gear in the blender pitcher.
2. Form a diamond by placing one of the corners of the blender pitcher over the Ninja® logo on the base.
3. Lock the pitcher into place by rotating the bowl clockwise until you hear a click.
4. The pitcher can be placed on the base two ways, with the handle in the front right or the left position.
5. To place the lid on the jar press the release button so the handle is upright.
6. Align the arrows on the lid and the pitcher handle then lock the lid in place by pressing the handle down until you hear a click.
7. Select the Auto-iQ® or desired speed program.
8. When the program finishes, turn off the appliance and wait for the blade to stop turning. Turn pitcher anticlockwise to remove.

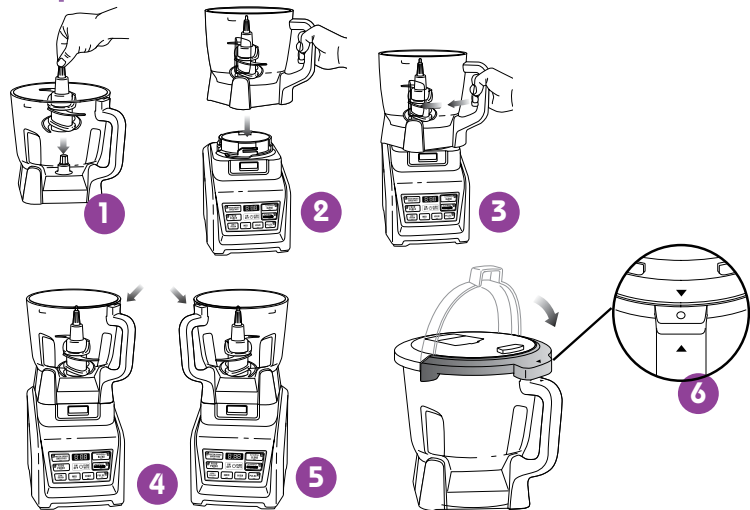


Caution: Removable blades are very sharp! Always grab the top of the blade shaft to avoid injuries. When pouring, we recommend you use the pour spout with the lid on. Do not pour without a lid as blades will fall out.

NOTE: Programs applicable for the blender pitcher will illuminate once the pitcher is locked onto the base.

Assembly

with processor bowl



1. Place the blade onto the gear in the food processor bowl.
2. Form a diamond by placing one of the corners of the food processor bowl over the Ninja® logo on the base.
3. Lock the food processor bowl into place by rotating the bowl clockwise until you hear a click.
4. The food processor bowl can be placed on the base two ways, with the handle in the front right or the left position.
5. To place the lid on the jar press the release button so the handle is upright.
6. Align the arrows on the lid and the food processor bowl handle then lock the lid in place by pressing the handle down until you hear a click.
7. Select the Auto-iQ® or desired speed program.
8. When the program finishes, turn off the appliance and wait for the blade to stop turning.
Turn bowl anticlockwise to remove.

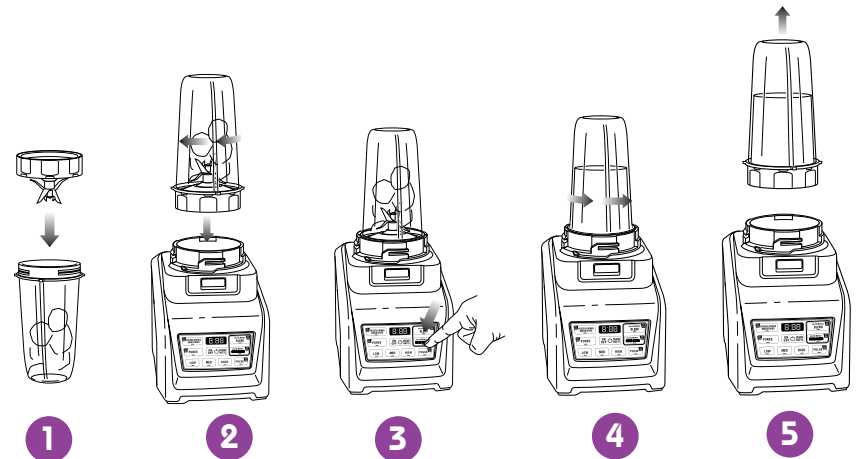


Caution: Removable blades are very sharp! Always grab the top of the blade shaft to avoid injuries. When pouring, we recommend you use the pour spout with the lid on. Do not pour without a lid as blades will fall out.

NOTE: Programs applicable for the Food Processor Bowl will illuminate once the Food Processor Bowl is locked onto the base.

Assembly & Disassembly

with Nutri Ninja® Cup



1. After adding ingredients to the Nutri Ninja® cup, place the Pro Extractor Blades™ onto the cup and screw it on tightly.
2. Flip the cup upside down, place the cup onto the base and turn clockwise until you hear a click.
3. Choose a program or speed setting and blend. All Auto-iQ® programs have blend, pulse, and pause patterns that automatically stop once the countdown timer reaches 0:00.
4. To remove, rotate the cup anticlockwise.
5. Pull the cup straight up.



NOTE: Programs applicable for the Nutri Ninja® Cup will illuminate once the Nutri Ninja® Cup is locked onto the base.

Nutri Ninja® | Ninja® Blender System with **Auto-iQ® Technology**

Auto-iQ® programs combine pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! No more standing over a blender, simply press a button and get the time you need to get other things done.

Auto-iQ® Frozen Drinks/Smoothies: This program is designed for creating delicious drinks in our 2.1 L Pitcher. Our stacked blades will crush ice, frozen fruits and vegetables, giving you a refreshing icy beverage!

Auto-iQ® Food Puree: This program is designed for making foods such as dips, hummus, baby food, or soups. All three jar configurations can be used with this setting. Use the Food Processor Bowl for larger batches or the Nutri Ninja® Cups for smaller portions.

Auto-iQ® Blend: This program is specifically designed for our Nutri Ninja® Cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use this setting for Super Juices that use fresh or softer ingredients.

Auto-iQ® Ultra Blend: This program is specifically designed for our Nutri Ninja® cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use the ULTRA BLEND setting for harder ingredients such as frozen fruits or vegetables, ice, seeds, and more.

Auto-iQ® Pulse: This is an enhanced feature to our existing pulse function. Auto-iQ® Pulse offers greater control to help prevent over processing or over blending. Simply hold down the button and our blades will run at a high speed for a quick burst of power to break through ice, or chop vegetables.



Nutri Ninja® 101

VEGGIES {

FRUIT {

LIQUID {

ICE {



When filling your Nutri Ninja® cups, we recommend that you start with adding your fresh fruits or vegetables first.

If you're using powders, seeds, nuts, or other dry ingredients, put them in next. Afterwards, add frozen items or ice. Finally, pour in any juice, water, or other liquids as desired.

Remember to securely tighten the Pro Extractor Blades® and do not overfill the cups. Once the Pro Extractor Blades™ has been securely assembled to the cup, flip the cup over in order to attach to the base, as shown above.



USE Pitcher with

Auto IQ
**FROZEN DRINKS
SMOOTHIES**

- cocktails
- smoothies
- frozen desserts
- milkshakes

Auto IQ
**FOOD
PUREE**

- sauces
- dips
- soups



USE Nutri Ninja® Cup with

Auto IQ
**NUTRI NINJA
ULTRA BLEND**

- green super juices
- frozen desserts
- protein shakes

Auto IQ
**NUTRI NINJA
BLEND**

- fresh nutrient juices

Auto IQ
**FOOD
PUREE**

- sauces
- dips
- soups



USE Food PROCESSOR BOWL with



- dips
- spreads
- baby food
- vegetable & fruit purees



Let's Get Healthy Wellness Plan

The nutrient-rich juice and smoothie recipes in this inspiration guide were created for the top five wellness categories, to help you start your journey toward optimal health.



Detox/Cleanse
Our detox recipes have fresh fruits, vegetables, and herbs that will help give your body a beneficial detox boost.



Heart Health
Your heart has a big job to do and needs foods that can help support circulation and reduce stress, to keep you as healthy as possible.



Longevity + Beauty
Looking good! We've developed recipes that can help to strengthen your immune system and bring back your natural glow.



Mood + Immune System Support
Antioxidant-rich vegetables, fruits, fresh herbs, and even coconut water-electrolyte builders that keep the body hydrated and you feeling great.



Weight Loss Wellness
Jumpstart your weight and fitness efforts by replacing one meal with one of our green based smoothies or juices.

Look for the matching icons throughout the guide as you select your recipes.

programs and speed settings

programs and speed settings for pitcher

Function	Container	Blade Type	Speed or Program	Type of Food
Chopping	Blender Pitcher	Stacked Blade	Auto-iQ® Pulse	Salsa, Vegetables, Nuts, Chocolate
Smoothies, Frozen Drinks	Blender Pitcher	Stacked Blade	Auto-iQ® Frozen Drinks & Smoothies	Frozen Cocktails, Smoothies, Frozen Desserts, Milkshakes, Ice
Pureeing	Blender Pitcher	Stacked Blade	Auto-iQ® Food Puree	Soups, Sauces, Dips

programs and speed settings for Nutri Ninja®

Function	Container	Blade Type	Speed or Program	Type of Food
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ® Blend	Fresh Nutrient Juices, Smoothies, Milkshakes
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ® Ultra Blend	Green Nutrient Juices, Frozen Desserts, Protein Shakes
Grating	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ® Food Puree	Grated Cheese, Bread Crumbs, Spices
Chopping	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ® Pulse	Salsa, Vegetables, Nuts

programs and speed settings for food processor bowl

Function	Container	Blade Type	Speed or Program	Type of Food
Mincing	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Onion, Garlic, Herbs
Chopping	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Cheese, Chocolate
Meat Grinding	Food Processor Bowl	Chopping Blade	Auto-iQ® Pulse	Meat
Pureeing	Food Processor Bowl	Chopping Blade	Auto-iQ® Food Puree Low/Dough Med High	Apple Sauce, Spreads, Baby Food, Vegetable Purees, Fruit Purees
Emulsifying	Food Processor Bowl	Chopping Blade	Med	Salad Dressings
Dough Making	Food Processor Bowl	Dough Blade	Low/Dough	Bread Doughs, Pizza Doughs, Pretzel Doughs, Batters
Pie Crusts	Food Processor Bowl	Chopping Blade	Med	Pie Crust, Tart Crust
Batters	Food Processor Bowl	Dough Blade	Low/Dough	Cake Mixes, Brownie Batter, Cookie Batter, Cookie Batter





PREP TIME 5 minutes SERVING 1 

lean green ninja



Tropical fruit smoothie with a vitamin K punch!

ingredients

- 100 g fresh pineapple, 2.5 cm chunks
- 100 g fresh mango, 2.5 cm chunks
- ½ ripe banana, peeled
- 5 g baby spinach, packed
- 5 g kale leaves, packed
- 125 ml water
- 250 ml ice

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with pineapple.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.

PREP TIME 5 minutes SERVING 1  

antioxidant refresher



You won't taste the cabbage in this refreshing antioxidant-rich smoothie!

ingredients

- 10 g red cabbage, chopped
- 1 celery stalk, halved
- ½ granny smith apple, unpeeled, uncored, halved
- 110 g blueberries
- 70 g watermelon, 2.5 cm chunks
- 175 ml ice

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with red cabbage.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.



PREP TIME 5 minutes SERVINGS 2



ginger greens

Two of the ultimate “detox” foods, kale and coriander, combined! The avocado lends a rich, creamy consistency and a healthful dose of “good” monounsaturated fat.

ingredients

- 20 g baby kale
- 5 ml coriander
- ¼ avocado
- 1 date, pitted
- 2 small kiwis, peeled and quartered
- 5 ml lime juice
- 0.65 cm ginger root, peeled
- 125 ml coconut water
- 80 ml ice

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with baby kale.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.



PREP TIME 5 minutes SERVING 1



powerball smoothie

Start your day off right with this power booster.

ingredients

- ½ ripe banana
- 350 ml unsweetened coconut milk
- 5 ml unsweetened cocoa powder
- 200 g frozen blueberries

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.



PREP TIME: 5 minutes SERVINGS 2



strawberry banana



Juice up with this refreshingly sweet yet healthy smoothie with potassium, vitamin C, and antioxidants.

ingredients

- 1 banana, peeled and halved
- 250 ml skimmed milk
- 30 ml agave
- 150 g frozen strawberries

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.



PREP TIME 5 minutes SERVINGS 2



watermelon raspberry cleanser



Sweet and thirst-quenching!

ingredients

- 210 g watermelon, 2.5 cm chunks
- 60 g raspberries
- 60 ml water
- 125 ml ice

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with watermelon.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” program.



PREP TIME 5 minutes SERVING 1



cherry-lime rickeyade



This refreshing homemade sports drink will remind you of a childhood favourite!

ingredients

- 22 ml lime juice
- 375 ml coconut water
- 105 ml frozen cherries

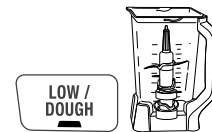
directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with lime juice.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® BLEND” program.
3. Pour mixture through a fine mesh strainer to extract the flavoured water.



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

buckwheat pancakes



Enjoy the texture and wholesome flavour of simple buckwheat pancakes.

ingredients

- 250 ml buttermilk
- 1 egg, beaten
- 45 ml rapeseed oil
- 30 ml honey
- 85 g buckwheat flour
- 70 g all-purpose flour
- 6 ml baking soda
- 7 ml sugar
- 2.5 ml sea salt

directions

1. Place the buttermilk, egg, oil, and honey into the Pitcher.
2. Turn unit ON, select “LOW/DOUGH” and blend for 30 seconds.
3. Add buckwheat flour, all-purpose flour, baking soda, sugar, and salt to the Pitcher and select “LOW/DOUGH”, blend additional 30 seconds.
4. Remove the pitcher from the base, and the blades from the pitcher. Cover in plastic wrap. Allow to set for 2 hours or refrigerate overnight.
5. On a lightly oiled griddle over medium heat, cook batter in desired-sized pancakes until small bubbles form and edges dry. Flip and cook until pancake center is puffed and springs back when gently pressed.



PREP TIME 5 minutes SERVINGS 8

chicken+apple sausage

These homemade breakfast sausages are so healthy and delicious, you won't believe it!

ingredients

- 15 ml olive oil, plus additional oil for cooking sausages
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 500 g boneless skinless chicken thighs, 2.5 cm chunks
- 5 g fresh sage leaves
- 7 ml fresh ground pepper
- 7 ml sea salt
- pinch of cinnamon

directions

1. Place the onion, apples and sage to the Food Processor Bowl. Turn unit ON then hold down "Auto-iQ® PULSE" until finely chopped.
2. Heat the olive oil in a medium skillet. Add the onion and apples, sautéing several minutes, until soft. Remove from heat and place in a large bowl.
3. To the same Food Processor Bowl, place the chicken thighs then hold down "Auto-iQ® PULSE" until finely ground. Add the ground chicken to the bowl with the onion & apple mix. Add the cinnamon and season with salt & pepper. Mix well, using your hands.
4. Preheat oven to 175° C (350° F). Form mixture into 8 patties and bake on a parchment lined cookie sheet for about 10-12 minutes, or until fully cooked.



PREP TIME 5 minutes COOK TIME 3 minutes SERVINGS 4

tomato basil scrambler

This simple and delicious breakfast is quick enough for any day of the week!

ingredients

- 8 whole eggs
- 100 g vine ripe tomatoes
- 55 g mozzarella cheese
- 10 g fresh basil, loosely packed
- pinch of salt
- pinch of black pepper
- cooking spray

directions

1. Place the eggs, tomato, mozzarella, basil, salt, and black pepper into the Regular 650 ml Nutri Ninja® Cup. Turn unit ON then hold down "Auto-iQ® PULSE" until all ingredients are roughly chopped.
2. In a non-stick sauté pan sprayed with cooking spray, add the egg mixture, then cook, over medium-high heat, stirring frequently until fluffy and cooked through.



PREP TIME 5 minutes SERVINGS 8

gazpacho



Gazpacho, a refreshing summertime soup, is packed full of flavour and nutrition!

ingredients

- 1 small red onion, peeled and quartered
- 2 cucumbers, halved and quartered
- 1 yellow pepper, quartered, seeded
- 1 red pepper, quartered, seeded
- 1.35 kg fresh tomatoes, quartered, seeded
- 17 ml sea salt
- 60 ml red wine vinegar
- 1.5 L tomato juice
- 5 ml garlic, minced

directions

1. Working in batches, add the red onion, cucumber, peppers & fresh tomatoes to the Food Processor Bowl.
2. Turn unit ON then hold down “Auto-iQ® PULSE” until ingredients are finely chopped. Place each batch into a large mixing bowl.
3. Add minced garlic, red wine vinegar, salt and tomato juice and mix well.
4. Chill for at least 3 hours.
5. Taste for seasonings before serving.

PREP TIME 10 minutes SERVINGS 4

butternut squash soup



This dairy-free soup gets its creaminess from the cashews and is loaded with flavour!

ingredients

- 45 ml olive oil
- 1 large yellow onion, chopped
- 150 g raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 1 kg butternut squash, cubed
- 5 ml fresh thyme leaves
- 1 bay leaf
- 950 ml vegetable stock, plus more to thin if desired
- 2.5 ml sea salt, plus more to taste
- black pepper, to taste

directions

1. Heat oil in a large saucepan and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the carrot, apple, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in batches, ladle the soup into the Pitcher. Secure the lid and place the Pitcher onto the base Turn unit ON and select “Auto-iQ® FOOD PUREE”. Heat soup to desired temperature before serving.



Gluten-FREE

PREP TIME 5 minutes SERVING 1

chopped salad



You won't believe how fast this salad comes together; great for an on-the-go lunch or a quick dinner.

ingredients

- 45 g romaine lettuce, large chunks
- 125 g chicken breast, precooked
- 75 g cherry tomatoes
- 45 g kalamata olives
- 40 g feta cheese

directions

1. Place all of the ingredients into the Food Processor Bowl in the order listed above, starting with romaine lettuce.
2. Turn unit ON then hold down "Auto-iQ® PULSE" for 3 pulses or until desired chop is achieved. Top with your favourite dressing and enjoy!

PREP TIME 15 minutes COOK TIME 5-7 minutes SERVINGS 4

cauliflower couscous



This gluten-free alternative is sure to be a crowd pleaser!

ingredients

- 300 g cauliflower, 2.5 cm florets
- 15 ml rosemary, stems removed, chopped
- 1 garlic clove, minced
- ½ lemon, juiced
- 60 ml extra virgin olive oil
- 2.5 ml sea salt
- 70 g ground black pepper
- 70 g sliced almonds
- 3 g green onion, sliced

directions

1. Preheat oven to 200° C (400° F). Place the cauliflower into the Food Processor Bowl. Turn unit ON then hold down "Auto-iQ® PULSE" until finely chopped.
2. Place the chopped cauliflower in a single lay on a cookie sheet and roast 5-7 minutes until some color is achieved and cauliflower is cooked. Set aside.
3. Place the rosemary, garlic, lemon, oil, salt, and pepper in a medium mixing bowl and whisk to combine.
4. Add the cauliflower to the bowl along the almonds and green onion. Toss to combine. Serve immediately.



PREP TIME 15 minutes COOK TIME 20-25 minutes SERVINGS 15 meatballs

turkey meatballs



Serve these bite-sized treats to your friends as an appetiser or to your family as a quick and delicious meal.

ingredients

- 500 g dark turkey meat, 2.5 cm cubes and well-chilled
- 1/2 onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- 5 g Italian parsley leaves, chopped
- 50 g parmesan cheese, grated
- 15 ml bread crumbs
- 30 ml tomato paste
- 2 eggs, beaten
- salt and pepper to taste
- cooking spray
- 950 ml marinara sauce

directions

1. Add the turkey to the Food Processor Bowl. Turn unit ON then hold down "Auto-iQ® PULSE" until turkey is finely chopped. Do not overprocess.
2. Transfer the turkey to a bowl and add onion, garlic, parsley, cheese, bread crumbs, tomato paste, egg, salt and pepper, mixing to combine. Form mixture into mini meatballs.
3. Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.



PREP TIME 25 minutes COOK TIME 20 minutes SERVINGS 2

fettuccine with kale & sunflower pesto



A new twist on an old favourite! A great way to use up those extra greens—spinach works well too!

ingredients

- 1/2 medium bunch kale, stems removed
- 5 g fresh basil leaves, packed
- 1 large garlic clove
- 35 g unsalted roasted sunflower seeds
- 30 ml parmesan cheese
- zest + juice of 1/2 lemon
- sea salt to taste
- freshly ground pepper
- 60 ml olive oil + more as needed

directions

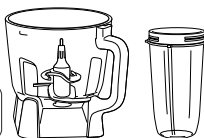
1. Bring 4 L of salted water to a boil. Blanch the kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze the kale leaves dry and set aside.
2. Add the kale, basil, garlic, sunflower seeds, parmesan, lemon juice/zest, olive oil and a pinch of salt and pepper to the Food Processor Bowl.
3. Turn unit ON, select "MED" and blend until desired consistency is achieved. To serve atop your favourite pasta.

PREP TIME 1 hour COOK TIME 20-25 minutes SERVINGS 8

pizza night

LOW / DOUGH

MED



pizza ingredients

- Pizza Dough (recipe below)
- Pizza Sauce (recipe below)
- 165 g low-fat mozzarella cheese
- 150 g broccoli florets, fresh or frozen
- 90 g thinly sliced red pepper
- 45 g sliced black olives
- 80 g crumbled feta cheese

directions

1. Preheat oven to 190° C (375° F). Lightly spray a cookie sheet with non-stick spray and place the prepared pizza dough on the sheet. Gently and evenly flatten out the dough, covering the edge about 1.25 cm to help form a crust.
2. Spoon the pizza sauce evenly onto the dough then top with mozzarella cheese, broccoli, red peppers, olives and feta.
3. Bake for 20-25 minutes, checking half way through, until crust is golden brown.

dough ingredients

- 7 g packet Active Dry Yeast
- 2.5 ml sugar
- 280 g all-purpose flour
- 16 ml warm water 41°- 43° C (105°-110° F)
- 1 ml salt
- 60 ml olive oil
- Reserved flour
- Reserved water

tip:

If the dough is too wet, add 15 ml of flour.
If the dough is too dry, add 15 ml of water.

directions

1. Combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
2. Place the dough blade into the Food Processor Bowl and add the flour, salt, olive oil, and the yeast mixture. Turn unit ON and select "LOW/DOUGH". Process until all of the ingredients come together to form a mass. Remove the dough and divide in half, kneading the two balls of dough for 1-2 minutes. Place one ball into a lightly oiled bowl and cover loosely with plastic wrap, allowing to rest and rise for 1 hour. Freeze the other dough ball for up to two months.

pizza sauce ingredients

- 400 g whole, peeled tomatoes
- 1 garlic clove, peeled
- 2.5 ml dried oregano
- 15 ml olive oil
- 1 ml sugar
- 2.5 ml salt
- 2.5 ml ground black pepper

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above. Turn unit ON, select "MED", and blend for 30 seconds. If you prefer a chunky consistency, simply hold down the "Auto-iQ® PULSE" for 3 pulses.



PREP TIME 5 minutes SERVINGS 3

blueberry honey mojito

FROZEN DRINKS SMOOTHIES



Blueberries are not only popular, but also have antioxidant capacities.

ingredients

- 375 g fresh blueberries
- 180 g Cucumber
- 30 ml mint, stems removed
- 250 ml light rum
- 30 ml honey
- 175 ml pear juice
- 700 ml ice

directions

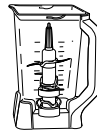
1. Place all of the ingredients into the Pitcher in the ordered listed listed above, starting with blueberries.
2. Turn unit ON and select the "Auto-iQ® FROZEN DRINKS/SMOOTHIES" program.



PREP TIME 5 minutes SERVINGS 4

classic margarita

FROZEN DRINKS
SMOOTHIES



This summertime party favourite is fool proof!

ingredients

- 1 lime, peeled, cut in half
- 1 lemon, peeled, cut in quarters
- 80 ml orange juice
- 60 ml Triple sec
- 160 ml Tequila
- 950 ml ice

directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with lime.
2. Turn unit ON and select the "Auto-iQ® FROZEN DRINKS/SMOOTHIES" program



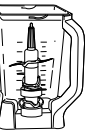
tip:

For a chunky salsa consistency, use 3-4 pulses!

PREP TIME 5 minutes MAKES 950 ml

best blender salsa

PULSE



You can depend on the flavour of this salsa every time! Canned tomatoes create consistency and rich flavour.

ingredients

- 2 310 ml cans whole peeled plum tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle chile pepper in adobo
- 30 ml adobo sauce
- 1 bunch coriander, stems trimmed
- 1 lime, peeled and quartered
- salt and pepper to taste

directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with tomatoes.
2. Hold down "Auto-iQ® PULSE" until desired consistency is achieved. Cover and refrigerate for at least 1 hour before serving.



PREP TIME 5 minutes SERVINGS 625 ml

classic hummus



Adding roasted red peppers, olives, or roasted garlic will give this recipe your own personal twist. Enjoy with homemade pita chips or fresh vegetable crudité for an entertaining favourite!

ingredients

- 480 g cooked, drained chick peas (liquid reserved)
- 90 ml chick peas liquid
- 60 ml lemon juice
- 60 ml olive oil
- 1 garlic clove, peeled
- 5 ml ground cumin
- 0.5 ml cayenne pepper
- 5 ml sea salt

directions

1. Place all of the ingredients into the Food Processor Bowl in the order listed above, starting with chick peas.
2. Turn unit ON then select "Auto-iQ® FOOD PUREE".



PREP TIME 10 minutes COOK TIME 20 minutes SERVINGS 950 ml

spinach & artichoke dip



This nutritious appetiser has an incredibly robust flavour, plus vitamin K and vitamin A.

ingredients

- 50 g mayonnaise
- 60 g sour cream
- 230 g cream cheese
- 30 ml lemon juice
- 400 g canned artichoke hearts, drained & chopped
- 55 g low-fat mozzarella cheese, shredded
- 25 g parmesan cheese, cut into pieces or grated
- 30 g chopped onion
- 80 g frozen spinach, thawed, excess liquid removed

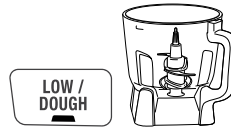
directions

1. Preheat the oven to 175° C (350° F). Place all of the ingredients into the Food Processor Bowl in the order listed above except the spinach.
2. Hold down "Auto-iQ® PULSE" until ingredients are combined
3. Add the chopped spinach and hold down "Auto-iQ® PULSE" until incorporated. Spoon the dip into a heat-resistant serving dish and bake for 20 minutes.
4. Serve with sliced French bread. Season with salt and pepper.



PREP TIME 5 minutes SERVINGS 4

chocolate banana mousse



Avocado and banana makes a super smooth mousse in this quick and easy recipe. The orange provides a tangy flavour.

ingredients

- 2 bananas, ripe, peeled, quartered
- 2 avocados, ripe, peeled, pitted, quartered
- 60 ml chocolate sauce
- juice of half an orange
- 30 ml cocoa powder

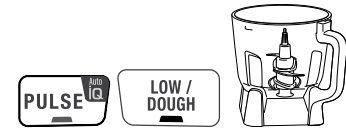
directions

1. Place all of the ingredients into the Food Processor Bowl in the order listed above, starting with banana.
2. Turn unit ON and select "LOW/DOUGH". Blend for 30 seconds or until smooth. Scrape the bowl as needed.
3. Place mousse into an airtight container and refrigerate until chilled.



PREP TIME 10 minutes COOK TIME 10-12 minutes MAKES 16 cookies

cranberry oat cookies



Cranberries mixed with coconut is a win-win in these gluten-free cookies!

ingredients

- 125 ml coconut oil
- 1 egg
- 2.5 ml vanilla extract
- 65 g packed brown sugar
- 70 g granulated sugar
- 175 g gluten-free all-purpose flour blend
- 55 g almond meal
- 20 g shredded coconut
- 50 g gluten-free oats
- 2.5 ml baking soda
- 15 ml sea salt
- 2.5 ml ground cinnamon
- 60 g dried cranberries

directions

1. Preheat oven to 175°C (350°F). Using the dough blade, add the coconut oil, egg, vanilla, brown sugar, and granulated sugar to the Food Processor Bowl. Turn unit ON and hold down "Auto-iQ® PULSE" for 3 pulses. Select "LOW/DOUGH" and blend for 15 seconds. Scrape down the sides.
2. In a medium bowl combine the flour, almond meal, oats, coconut, baking soda, salt and cinnamon then stir to combine. Add half of the dry mixture to the Food Processor Bowl. hold down "Auto-iQ® PULSE" for 3 pulses then select "LOW/DOUGH" and blend for 10 seconds. Scrape down sides then add remaining dry mixture. Select "LOW/DOUGH" and continue to blend for additional 15 seconds until dough is evenly combined.
3. Add the cranberries to the Food Processor Bowl and hold down "Auto-iQ® PULSE" for 10 pulses, until cranberries are evenly dispersed throughout the dough.
4. Spoon tablespoon-sized cookie dough onto parchment-lined cookie sheets, about 5 cm apart. Bake 10-12 minutes until JUST golden. Cookies will be very soft upon oven removal, but will set up within 5 minutes of resting.



PREP TIME 5 minutes SERVINGS 4

vanilla nut frozen treat



Prepare your own guilt-free frozen dessert! Plus, add some fresh berries for a natural, fruity taste.

ingredients

- 125 ml vanilla oat milk
- 40 g walnut halves
- 1 ml pure vanilla extract
- 1 ml natural sweetener
- 170 g non-fat vanilla greek yoghurt
- 350 ml ice

directions

1. Place all of the ingredients into the Regular 650 ml Nutri Ninja® Cup in the order listed above, starting with vanilla oat milk.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ® ULTRA BLEND” Program

FAQ

The Motor Doesn't Start Or Attachment Doesn't Rotate.

- Make sure the container is securely placed on motor base.
- Ensure the lid is securely placed on the container in the correct position.
- The appliance is turned “Off”. Press the power button to turn “On”.
- Check that the plug is securely inserted into the electrical outlet.
- Check the fuse or circuit breaker.
- Check to make sure the unit is not overloaded.
- If the unit is overloaded, the appliance will stop and the power light will flash. Unplug and wait approximately 15 minutes before using again.
- If the unit has overheated, unplug and wait approximately 15 minutes before using again.

Food is Unevenly Chopped?

Either you are chopping too much food at one time, or the pieces are uneven. Processing smaller amounts per batch is ideal.

Food is Chopped Too Fine or Is Too Watery.

The food is over processed. Use Auto-iQ® Pulse button for controlled processing.

Food Collects On The Lid Or On the Sides Of The Container.

The mixture is too thick. Add more liquid.

I have a blinking red light:

The unit is not assembled properly. For your safety the unit will only be able to be turned on when it is properly assembled. Please refer to the assembly pages of this inspiration guide for assistance.





Add more good

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