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







NINJA BLENDER







TIPS FOR YOUR **SINGLE-SERVE CUP**



Do not go past the max fill line when loading the cup.

Start by adding fresh fruits and vegetables.

PREP TIPS

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

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending 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 build-up that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

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BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/2 small ripe banana, peeled, cut in half 310ml almond milk 1 tablespoon almond butter 185g frozen mixed berries



- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press BLEND.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



WATERMELON COOLER

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/4 pear, cut into chunks300g chilled watermelon, deseeded, cut into chunks2 large fresh basil leaves with stems removed



- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



DETOX SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVING



INGREDIENTS

¼ ripe avocado pear
100g fresh pineapple chunks
½ kiwi fruit, peeled and quartered
½ slice of unwaxed lemon with peel
50g spinach leaves
150ml water
50g ice

- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press MAX BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



STRAWBERRY & BANANA MILKSHAKE

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 small banana, peeled, halved 240ml semi-skimmed milk 1 tablespoon agave nectar 130g frozen strawberries



- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



GINGER GREENS

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1 date, halved, pitted 2 small kiwis, peeled, quartered 40g baby kale 1/4 ripe avocado 5mm piece ginger, peeled 120ml coconut water 6g coriander 50g ice



- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press MAX BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



COOL GINGER PEAR

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 2 SERVINGS



INGREDIENTS

1 ripe pear, seeded, cut into quarters 1 teaspoon fresh ginger 520ml cold water Sweetener, to taste

- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press MAX BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



CHOCOLATE MILKSHAKE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE-SERVE

MAKES: 1 SERVING



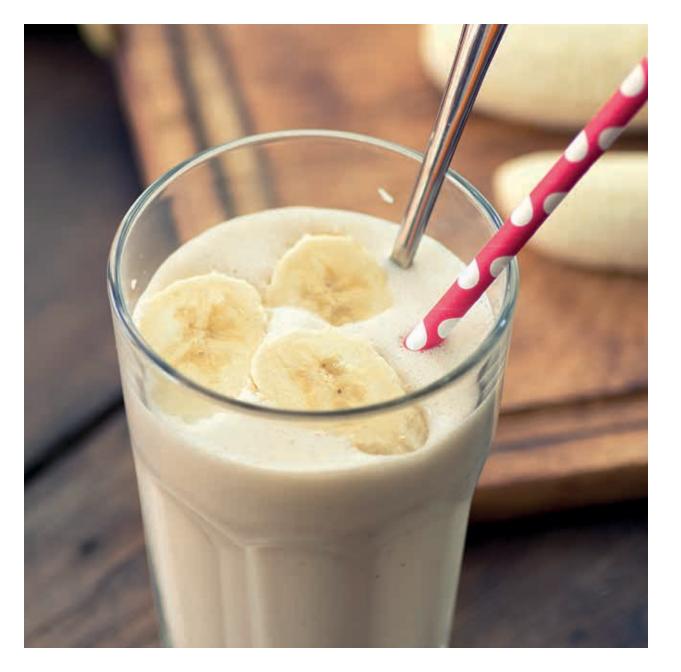
INGREDIENTS

200ml semi-skimmed milk

1 scoop vanilla or chocolate ice cream (if using vanilla ice cream also add 1 teaspoon cocoa powder)

1 tablespoon chocolate syrup

- 1 Place the first 3 ingredients into the 700ml Single-Serve Cup in the order listed, then carefully drizzle chocolate syrup around the top of cup.
- 2 Press MAX BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go



BANANA MILKSHAKE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

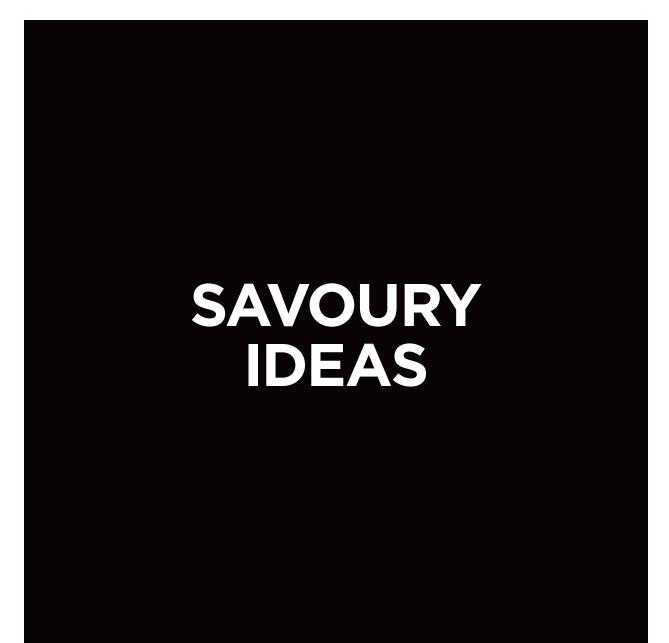
MAKES: 1 SERVING



INGREDIENTS

2 small bananas, peeled, halved 200ml semi-skimmed milk 1 scoop vanilla ice cream

- 1 Place all ingredients into the 700ml Single-Serve Cup in the order listed.
- 2 Press BLEND.
- **3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go



GUACAMOLE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 4 SERVING

IDEAS

SAVOURY

INGREDIENTS

1/2 small onion, peeled and quartered 1 small red chili, deseeded 1 garlic clove, peeled 1 large tomato, deseeded and quartered 10g fresh coriander, stalks and leaves Juice of half a lime 2 ripe avocado pears, peeled and stone removed Pinch of salt & pepper



- 1 Place the first five ingredients into the 700ml cup.
- 2 Press PULSE 2-3 times until roughly chopped.
- **3** Add lime juice, avocado and seasoning. Press PULSE 2-4 times until the desired consistency is reached.
- 4 Remove blades from cup after blending.
- 5 Transfer to a bowl and enjoy with tortilla chips.



PANCAKES

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 4 SERVINGS



INGREDIENTS

1 medium egg 150ml Milk 60g plain flour Pinch of salt

1 teaspoon sunflower oil or cooking spray Lemon and sugar to serve

2 Press BLEND.

DIRECTIONS

- **3** Remove blades from cup.
- 4 Heat a frying pan over a moderate heat. Wipe over with some oiled paper or spray.

1 Place ingredients into the 700ml single serve cup in the order listed.

- **5** Pour a little batter into pan, swirl around to make a thin layer to completely cover pan. Cook underside until it is golden brown and the top starts to produce bubbles.
- 6 Flip over with a palette knife and cook the other side. Repeat with remaining batter.
- 7 Serve with a squeeze of lemon and a sprinkle of sugar.



TOAD IN THE HOLE

PREP: 10 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 4 SERVINGS



INGREDIENTS

2 large eggs

200ml milk

125g plain flour

½ teaspoon salt

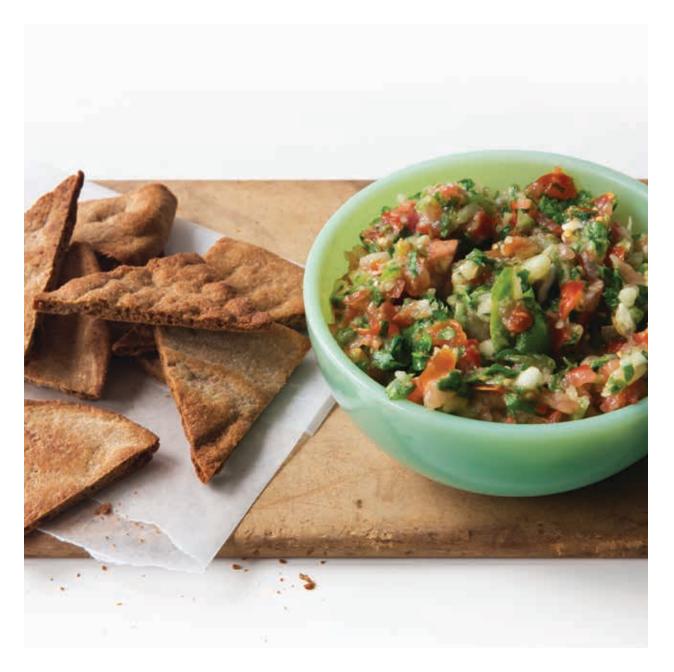
white pepper

1 tablespoon fresh thyme or rosemary leaves

6 sausages

2 tablespoons vegetable oil

- 1 Preheat oven to 220 °C.
- 2 Place ingredients into the 700ml single serve cup in the order listed.
- **3** Press BLEND.
- 4 Remove blades from cup. Let it stand for at least 30 minutes.
- **5** Place sausages and oil into a shallow baking dish. Cook for 15 minutes until sausages are starting to brown and the oil is smoking hot.
- **6** Carefully pour over batter and return to oven and cook for 25-30 minutes until the batter is well risen and golden brown.
- **7** Cooking is complete when golden brown. Serve immediately.



TABOULEH DIP

PREP: 6 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 4 SERVINGS



INGREDIENTS

40g cucumber, quartered 1/4 small onion, peeled, quartered 10g fresh mint with stems removed 25g flat leaf parsley

2 vine ripe tomatoes, quartered

1/2 teaspoon ground black pepper

1/2 teaspoon sea salt

1 tablespoon extra virgin olive oil

3 tablespoon freshly squeezed lemon juice

- 1 Place all the ingredients into the 700ml cup in the order listed.
- 2 Press PULSE 5-10 times, until desired consistency is reached.
- **3** Remove blades from cup after blending.



HOUMOUS

PREP: 6 MINUTES

CONTAINER: 700ML SINGLE-SERVE

MAKES: 4 SERVINGS



INGREDIENTS

CLASSIC HOUMOUS

1 x 400g tin chick peas, drained and rinsed

50ml chickpea liquid

60ml lemon juice

60ml olive oil

1 garlic clove, peeled

1 teaspoon ground cumin

½ teaspoon paprika

1 tablespoon tahini paste

1 teaspoon sea salt

Olive oil and paprika to garnish

RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients.

CORIANDER HOUMOUS

Add ½ teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

- 1 Place all the ingredients into the 700ml cup in the order listed.
- 2 Press BLEND.
- **3** Remove blades from cup after blending.
- 4 Serve with drizzled with olive oil and sprinkle over paprika.

FROZEN TREATS

TROPICAL FRESH FRUIT ICE LOLLIES

PREP: 6 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

150g fresh mango 300g fresh pineapple 2 tablespoon agave nectar





- 1 Place all the ingredients into the 700ml cup in the order listed.
- 2 Press BLEND.
- 3 Remove blades from cup after blending.
- 4 Pour into 4-6 ice lolly moulds and freeze overnight or until solid.



VANILLA NUT FROZEN TREAT

PREP: 6 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

160ml vanilla oat milk 200ml low-fat vanilla Greek yoghurt 1/4 teaspoon pure vanilla extract 45g walnut halves 1 sachet stevia 375g ice



- 1 Place all the ingredients into the 700ml cup in the order listed.
- 2 Press START/STOP and blend for 20 seconds or until desired consistency is achieved.
- **3** Remove blades from cup after blending.

NOTES		NOTES



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