

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



NINJA®

BLENDER



TIPS FOR YOUR SINGLE-SERVE CUP



LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



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

2



Next add leafy greens and herbs.

1



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.

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

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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SMOOTHIES & DRINKS

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

DIRECTIONS

- 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.

SMOOTHIES &
DRINKS





WATERMELON COOLER

PREP: 5 MINUTES

CONTAINER: 700ml SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

1/4 pear, cut into chunks

300g chilled watermelon, deseeded, cut into chunks

2 large fresh basil leaves with stems removed

DIRECTIONS

- 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

DIRECTIONS

- 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

DIRECTIONS

- 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

DIRECTIONS

- 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

DIRECTIONS

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

DIRECTIONS

- 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

DIRECTIONS

- 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

SAVOURY IDEAS

GUACAMOLE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE-SERVE CUP

MAKES: 4 SERVING

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



DIRECTIONS

- 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.

SAVOURY
IDEAS





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

DIRECTIONS

- 1 Place ingredients into the 700ml single serve cup in the order listed.
- 2 Press BLEND.
- 3 Remove blades from cup.
- 4 Heat a frying pan over a moderate heat. Wipe over with some oiled paper or spray.
- 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

DIRECTIONS

- 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

¼ small onion, peeled, quartered

10g fresh mint with stems removed

25g flat leaf parsley

2 vine ripe tomatoes, quartered

½ teaspoon ground black pepper

½ teaspoon sea salt

1 tablespoon extra virgin olive oil

3 tablespoon freshly squeezed lemon juice

DIRECTIONS

- 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.

DIRECTIONS

- 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



FROZEN
TREATS



DIRECTIONS

- 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

FROZEN
TREATS



DIRECTIONS

- 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

NINJA[®]

BLENDER

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