

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

**NINJA®**

**PROFESSIONAL PLUS**

**BLENDER DUO®  
WITH AUTO-IQ®**

# **QUICK START GUIDE**

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**+ 15 IRRESISTIBLE RECIPES**

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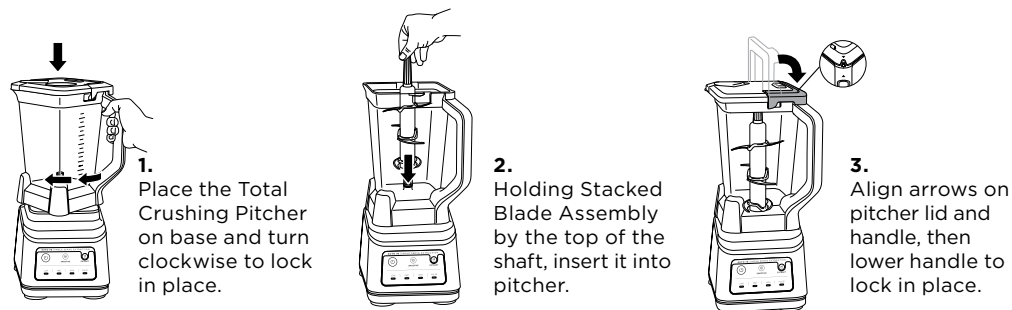
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# NINJA®

## PROFESSIONAL PLUS BLENDER DUO® WITH AUTO-IQ®

# QUICK ASSEMBLY

### TOTAL CRUSHING® PITCHER

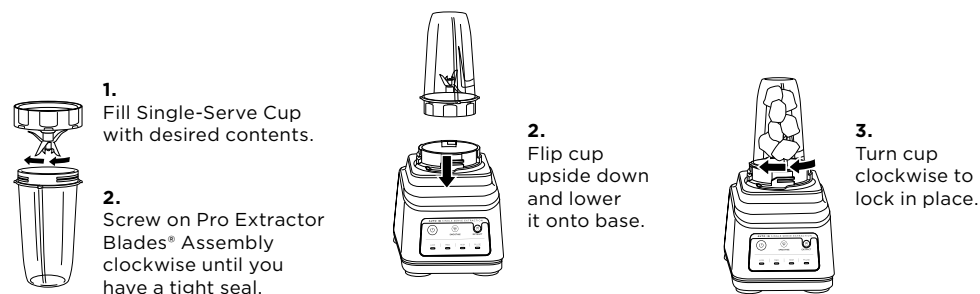


**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the Total Crushing Pitcher is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

### SINGLE-SERVE CUP



Once the Single-Serve Cup is locked onto base, press the Power button  to turn the unit on. The compatible program buttons will illuminate.

**WARNING:** Handle the Pro Extractor Blades Assembly with care, as the blades are sharp.

## NINJA® PROFESSIONAL PLUS BLENDER DUO® WITH AUTO-IQ®

### AUTO-IQ PROGRAMS

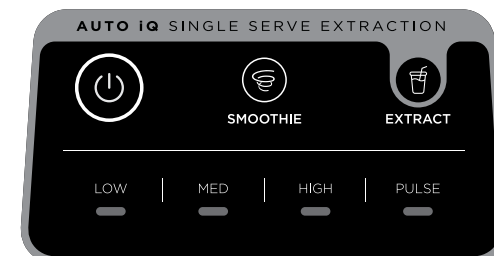
Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete. To stop blending before the end of the program, press the currently active button again.

#### TOTAL CRUSHING® PITCHER



**Smoothie**  
Fresh/Frozen Fruits  
Milk/Yogurt  
Protein Shakes

#### SINGLE-SERVE CUP



**Smoothie**  
Fresh/Frozen Fruits  
Milk/Yogurt  
Protein Shakes

**Extract**  
Whole Fruits/Vegetables  
Fibrous Ingredients  
Seeds

### MANUAL PROGRAMS

**LOW, MEDIUM, and HIGH:** When selected, each of these speeds runs continuously for 60 seconds. Press the currently active button again to stop the program sooner. They do not work in conjunction with any Auto-iQ programs.

**PULSE:** Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

### CLEANING

**Dishwasher:** The containers, lids, and blade assemblies are all dishwasher safe. The lids and blade assemblies are top-rack dishwasher safe only. Ensure the blade assemblies are removed from the containers before placing in the dishwasher.

**Hand-Washing:** Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle blade assemblies with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

**WARNING:** Always unplug the blender base before cleaning.

**WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

## SMOOTHIE

# CINNAMON & COFFEE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1/2 cup strongly brewed coffee, cooled  
1 square (1 ounce) dark chocolate  
1 cup rice milk  
1 teaspoon ground cinnamon  
1/2 cup low-fat vanilla yogurt  
4-6 ice cubes

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**

# WATERMELON QUENCH

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

2 1/2 cups watermelon chunks  
2 cups pomegranate juice  
1 cup frozen peach slices

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

## SMOOTHIE

# ISLAND SUNRISE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 cup pineapple chunks  
1 small ripe banana, cut in half  
2 cups coconut water  
1 cup frozen mango chunks  
1 cup frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# CHIPOTLE SALSA

**PREP:** 10 MINUTES | **CHILL:** 1 HOUR  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 CUPS

## INGREDIENTS

2 cans (10 ounces each) whole peeled tomatoes, drained  
1 small white onion, peeled, cut in quarters  
1 jalapeño pepper, cut in half, seeds removed  
1 canned chipotle pepper in adobo sauce  
2 tablespoons adobo sauce  
1 bunch cilantro, stems removed  
1 lime, peeled, cut in quarters, seeds removed  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 PULSE until desired consistency is reached.
- 3 Cover and refrigerate at least 1 hour before serving.

## MANUAL



# WATERMELON MINT GRANITA

**PREP:** 10 MINUTES | **FREEZE:** 3-4 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

6 cups watermelon chunks  
1 tablespoon lime juice  
3 tablespoons agave nectar  
6 mint leaves

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth. Strain watermelon juice and discard pulp.
- 3 Pour watermelon juice into ice cube trays. Freeze 3 to 4 hours, or until almost solid. Shave with a fork into glasses and serve.

# TROPICAL CHILL

**PREP:** 5 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 ripe banana, cut in half  
1 cup honeydew melon chunks  
1/4 lime, peeled, cut in half, seeds removed  
1 1/2 cups coconut water  
2 cups frozen pineapple chunks  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# SUN-DRIED TOMATO SAUCE

**PREP:** 15 MINUTES | **COOK:** 25 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 onion, peeled, cut in quarters  
4 cloves garlic, peeled  
1 tablespoon canola oil  
1 can (28 ounces) whole peeled tomatoes  
1 jar (6 ounces) sun-dried tomatoes packed in olive oil  
1/2 cup dry red wine  
1/2 teaspoon crushed red pepper  
Kosher salt, to taste  
Ground black pepper, to taste  
1/4 bunch basil, chopped, for garnish

## DIRECTIONS

- 1 Place the onion and garlic into the 72-ounce Total Crushing Pitcher. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onion and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil.

# FROZEN STRAWBERRY PEACH TREAT

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

1 1/2 cups frozen strawberries  
1/2 cup frozen peaches  
1 cup whole milk  
1/4 cup low-fat vanilla yogurt  
2 tablespoons agave nectar  
1 teaspoon vanilla extract

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES | **COOK:** 35–40 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER  
**MAKES:** 6 SERVINGS

## INGREDIENTS

3 tablespoons butter  
1/2 small yellow onion, peeled, chopped  
1 medium carrot, peeled, chopped  
2 tablespoons flour  
3 cups chicken broth  
3 cups broccoli florets  
1 cup whole milk  
3/4 cup shredded cheddar cheese  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Place butter into a heavy-bottom saucepan over medium heat; stir until melted. Add onion and carrot and cook until tender, about 5 minutes.
- 2 Whisk in the flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer over medium heat until tender, 20 to 25 minutes, stirring occasionally. Let cool to room temperature.
- 3 Place cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Transfer the soup back to the saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# ORANGE BLUSH

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1/2 cup watermelon chunks  
3/4 cup orange juice  
1 cup frozen strawberries  
1/2 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.

# MANGO PROTEIN SHAKE

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 1/4 cups 1% milk  
2 scoops vanilla protein powder  
2 cups frozen mango chunks

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.

## SMOOTHIE

# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 Golden Delicious apple, peeled, cored, cut in quarters  
1 cup unsweetened almond milk  
<sup>3</sup>/<sub>4</sub> teaspoon lemon juice  
1 <sup>1</sup>/<sub>2</sub> teaspoons brown sugar  
<sup>1</sup>/<sub>4</sub> teaspoon ground cinnamon  
<sup>1</sup>/<sub>8</sub> teaspoon ground nutmeg  
<sup>1</sup>/<sub>8</sub> teaspoon kosher salt  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending.

# MORNING BERRY

**PREP:** 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

1 medium ripe banana, cut in half  
1 <sup>1</sup>/<sub>2</sub> cups almond milk  
3 tablespoons honey  
2 tablespoons flaxseed  
1 <sup>1</sup>/<sub>2</sub> cups frozen mixed berries

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

## EXTRACT

# LEAN GREEN

**PREP:** 10 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 SERVINGS

## INGREDIENTS

<sup>1</sup>/<sub>2</sub> small ripe banana  
<sup>1</sup>/<sub>2</sub> cup pineapple chunks  
<sup>1</sup>/<sub>2</sub> cup mango chunks  
<sup>1</sup>/<sub>4</sub> cup kale leaves  
<sup>1</sup>/<sub>4</sub> cup baby spinach  
<sup>1</sup>/<sub>2</sub> cup coconut water  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

## EXTRACT

# RISE & SHINE

**PREP:** 10 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 SERVING

## INGREDIENTS

<sup>1</sup>/<sub>2</sub> Golden Delicious apple, peeled, cored, cut in half  
2-inch piece English cucumber, cut in half  
<sup>1</sup>/<sub>2</sub> cup green grapes  
1 teaspoon hemp hearts  
<sup>3</sup>/<sub>4</sub> cup kale leaves  
4 mint leaves  
1 teaspoon lemon juice  
<sup>1</sup>/<sub>2</sub> cup coconut water  
<sup>1</sup>/<sub>2</sub> cup ice

## DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve Cup in the order listed.
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending.

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For questions or to register your product,  
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