

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



# NINJA®

## SMOOTHIE MAKER



## 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.

# SMOOTHIES & DRINKS





# LEAN GREEN NINJA

**PREP:** 5 MINUTES

**CONTAINER:** 470ml SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

40g fresh pineapple, 2.5cm chunks

40g fresh mango, 2.5cm chunks

1/2 small banana, peeled

15g spinach

15g kale leaves, chopped

100ml water

60g ice

## DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed. Push down spinach and kale leaves.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





# WATERMELON RASPBERRY CLEANSER

**PREP:** 5 MINUTES  
**CONTAINER:** 470ml SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

140g watermelon, 2.5cm chunks  
75g raspberries  
60ml water  
60g ice

## DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# POWERBALL SMOOTHIE

**PREP:** 5 MINUTES  
**CONTAINER:** 470ml SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

1/2 small banana, peeled  
180g unsweetened coconut milk  
1/2 teaspoon unsweetened cocoa powder  
180g frozen blueberries

## DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





# BERRY TROPICAL SMOOTHIE

**PREP:** 5 MINUTES  
**CONTAINER:** 470ml SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

40g strawberries, hulled and quartered  
40g blueberries  
75g fresh mango, 2.5cm chunks  
50g fresh pineapple, 2.5cm chunks  
5g spinach, packed  
60ml water  
60g ice

## DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# GINGER GREENS

**PREP:** 5 MINUTES  
**CONTAINER:** 470ml SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

1 kiwi, peeled and quartered  
1/4 ripe avocado, pitted and peeled  
1 date, pitted and halved  
1 cm fresh ginger, peeled  
15g kale leaves  
5g coriander leaves  
5ml lime juice  
90ml coconut water  
60g ice

## DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# BRIGHT SIDE MOCHA

**PREP:** 5 MINUTES  
**CONTAINER:** 470ml SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

- 1/2 small ripe banana peeled (50g)
- 60ml chilled brewed strong coffee
- 120ml almond milk
- 1½ teaspoon almond butter
- 1 teaspoon cocoa powder
- 1 teaspoon agave nectar
- 140g ice



SMOOTHIES &  
DRINKS



## DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

**DO NOT BLEND HOT INGREDIENTS**

# BERRIES GALORE

**PREP:** 5 MINUTES  
**CONTAINER:** 470ML SINGLE-SERVE CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

- 5 strawberries, hulled and halved
- 1 orange, peeled and quartered
- 60ml coconut water
- 70g frozen blueberries
- 60g ice



SMOOTHIES &  
DRINKS



## DIRECTIONS

- 1 Place ingredients in the order listed in the 470ml single-serve cup.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

# TOP O' THE MORNIN'

**PREP:** 5 MINUTES

**CONTAINER:** 470ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/2 small ripe banana peeled (50g)

1 small orange (80g)

240ml almond milk

½ teaspoon cinnamon

1 scoop protein powder (11g)

60g ice

## DIRECTIONS

**1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.

**2** Blend until smooth.

**3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &  
DRINKS



# COOL HONEYDEW CUCUMBER

**PREP:** 5 MINUTES

**CONTAINER:** 470ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/4 medium cucumber, peeled and halved

80g honeydew melon, 2.5cm chunks

100g fresh pineapple, 2.5cm chunks

## DIRECTIONS

**1** Place all of the ingredients in the order listed in the 470ml single-serve cup.

**2** Blend until smooth.

**3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &  
DRINKS





# SUNSHINE PICK ME UP

**PREP:** 5 MINUTES

**CONTAINER:** 470ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/2 small banana, peeled and halved  
6cm piece cucumber, halved  
1/4 lime, peeled  
100g fresh pineapple, 2.5cm chunks  
100ml coconut water  
1 scoop vanilla protein powder  
30g ice

## DIRECTIONS

- 1** Place all of the ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &  
DRINKS



# NINJA<sup>®</sup>

## SMOOTHIE MAKER

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