

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



NINJA
TWISTiTM

HIGH-SPEED
BLENDER DUO

10 delicious recipes



Your guide to blending, prepping, and mixing like a *TWISTi*™.

Welcome to the Ninja® TWISTi™ High-Speed Power Blender with Built-in Tamper recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothies bowls and nut butters to frozen drinks, smoothies, and extractions. Now let's get started.

For more exciting delicious recipes,
visit ninjakitchen.com

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*Extract a drink containing vitamins and nutrients from fruits and vegetables.



BUILT-IN
TAMPER

Twist

Introducing the *TWISTi*TM PITCHER

It's never been easier to create thick and spoonable smoothie bowls, nut butters, and more. All you have to do is twist the built-in tamper while blending to push ingredients down toward the blade.

Smoothie bowl basics

USING THE PITCHER

DID YOU KNOW?

Smoothie bowls are **thicker and spoonable**, compared to smoothies, which are thinner and drinkable.

For 1 serving, use  fill lines:

 MAX FILL

 LIQUID FILL

TIP:

For 2 servings, use  fill lines:

 MAX FILL

 LIQUID FILL



1.

Install the blade assembly. Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line. For 1 serving , use the 8-ounce fill line, or for 2 servings , use the 10-ounce fill line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit**, directly from freezer, and/or açaí or dragon fruit packets, up to the **MAX FILL** line. For 1 serving , use the 16-ounce fill line or for 2 servings , use the 34-ounce fill line.

Cut larger fruit, like bananas, in quarters.

If using açaí or dragon fruit packets, thaw slightly and cut in quarters.

NOTE: Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



3.

Install the lid onto the pitcher, then install the pitcher onto the motor base. Select **BOWL**.

Twist the built-in tamper **counterclockwise continuously** while processing.

After blending is complete, pour into a bowl then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



Smoothie bowl color guide

Trying to make your bowl pop in a certain color?

Use this ingredient guide to achieve the look you want.



Using the Nutrient Extraction* Cup

Tips to help you create smoothies and nutrient extractions* to take on the go.

Use the SMOOTHIE program to combine your favorite fresh or frozen ingredients, liquids, and powders.
Use the EXTRACT program for tough, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

Do not go past the MAX LIQUID line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.



PREP TIPS

For best results, cut ingredients in 1" pieces.
Place frozen ingredients in the cup last.

*Extract a drink containing vitamins and nutrients from fruits and vegetables.

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PEACHES & CREAM SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: 34-OUNCE PITCHER
MAKES: 1-2 SERVINGS, DEPENDING ON AMOUNT OF INGREDIENTS USED

INGREDIENTS

- Almond milk
- Frozen banana, cut in 2-inch pieces
- Frozen peaches
- Sweetener of choice, as desired



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line. Install lid on pitcher, then install pitcher on motor base.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until program is complete.
5. Remove lid from pitcher after blending, then pour mixture into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use  fill lines:

-  MAX FILL
-  LIQUID FILL

For 2 servings, use  fill lines:

-  MAX FILL
-  LIQUID FILL

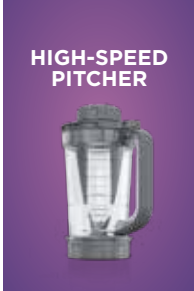


BLUEBERRY BLAST BOWL

PREP: 5 MINUTES
CONTAINER: 34-OUNCE PITCHER
MAKES: 1-2 SERVINGS, DEPENDING ON AMOUNT OF INGREDIENTS USED

INGREDIENTS

- Milk of choice
- Frozen blueberries
- Frozen strawberries
- Sweetener of choice, as desired



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line. Install lid on pitcher, then install pitcher on motor base.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until program is complete.
5. Remove lid from pitcher then pour into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use  fill lines:

 MAX FILL

 LIQUID FILL

For 2 servings, use  fill lines:

 MAX FILL

 LIQUID FILL



FRUIT DIP

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 1/2 CUPS

INGREDIENTS

1/4 cup vanilla Greek yogurt

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

2 packages (12 ounces each) cream cheese,
cut in 1-inch pieces, softened

1 1/2 cup powdered sugar



HIGH-SPEED
PITCHER



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select SPREAD. Twist built-in tamper counterclockwise continuously while blending until program is complete.
4. Remove lid from pitcher after blending. Transfer mixture into a serving dish and allow to chill for at least 30 minutes before serving with fruits of choice.



CHIPOTLE MAYO

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 1 1/4 CUPS

INGREDIENTS

2 large eggs
2 teaspoons Dijon mustard
2 teaspoons lemon juice
2 teaspoons white vinegar
1 chipotle in adobo sauce
Kosher salt, as desired
Ground black pepper, as desired
1 cup canola oil

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients except oil in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select SPREAD and slowly drizzle oil in through the drizzle hole of the lid.
4. Remove lid from pitcher after blending. Transfer mayonnaise to an airtight container. Refrigerate up to 2 weeks.

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PITCHER



TIP For a spicier mayo, add more chipotles until desired spice is achieved.



CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

2 frozen bananas, cut in 2-inch pieces

1 cup almond milk

1/4 cup creamy peanut butter

2 tablespoons unsweetened cocoa powder

4 ice cubes

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select SMOOTHIE.
4. Remove lid from pitcher after blending and pour smoothie into separate glasses.

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TIP Use ripe frozen bananas for maximum sweetness or add 1 tablespoon sweetener of choice.



TROPICAL CHIA COOLER

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1 cup frozen mango chunks

1 cup frozen pineapple chunks

1/2 teaspoon ground turmeric

1/4 inch piece fresh ginger, peeled

1 tablespoon chia seeds

1 3/4 cup tropical blend juice

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
3. Select EXTRACT.
4. Remove lid from pitcher after blending and pour drink into separate glasses.

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FROZEN MOSCOW MULE

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1/4 cup warm water

1/4 cup packed dark brown sugar

2 teaspoons fresh grated ginger

Zest of 1 lime

3 tablespoons fresh lime juice

1/4 cup vodka

12 ice cubes

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place water and brown sugar in a small bowl and stir to dissolve.
3. When the sugar is dissolved, pour the water mixture along with all the remaining ingredients into the pitcher in the order listed. Install lid on pitcher, then install pitcher on motor base.
4. Select FROZEN.
5. Remove lid from pitcher after blending, and pour cocktail into separate glasses.

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KEY LIME PIE SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

2 frozen bananas, cut in 2-inch pieces

1/2 cup vanilla Greek yogurt

1/4 cup lime juice

Zest of 1 lime

2 tablespoons agave nectar

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly. Install cup on motor base.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SINGLE-SERVE
CUP





AVOCADO BANANA BOOST

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 frozen banana, cut in 2-inch pieces

1 cup frozen mango chunks

1/2 ripe avocado, peeled, cut in quarters

1 1/4 cup orange juice

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly. Install cup on motor base.
2. Select EXTRACT.
3. Remove blades from cup after blending.

SINGLE-SERVE
CUP





VIRGIN STRAWBERRY MANGO MARGARITA

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

2 cups frozen mango chunks

2 cups tropical juice blend

2 cups frozen strawberries

2 cups limeade

DIRECTIONS

1. Place frozen mango and tropical juice blend in the 24-ounce Single-Serve Cup, then install the blade assembly. Install cup on motor base.
2. Select FROZEN.
3. Remove blades from cup after processing, then pour half the mixture into 2 20-ounce glasses.
4. Rinse cup and blade assembly. Place frozen strawberries and limeade in the cup. Then install the blade assembly. Install cup on motor base.
5. Select FROZEN.
6. Remove blades from cup after blending and pour half the mixture into each glass, layering it on top of the mango mixture.

SINGLE-SERVE
CUP



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