

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



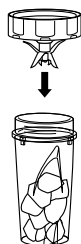
# QUICK START GUIDE

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**+ 10 IRRESISTIBLE RECIPES**

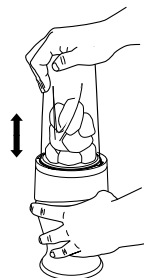
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## Quick assembly & blending



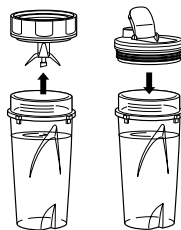
1.

Fill the cup with desired contents. Screw on the blade assembly until you have a tight seal.



2.

Flip the cup upside down and install on base. Push down on the cup to pulse or blend.



3.

When blending is complete, lift the cup off the base. Remove the blades by twisting counterclockwise, then attach the spout lid to take on the go.



**WARNING:** Handle the Nutri Ninja® Blade Assembly with care, as the blades are sharp.

## Load it up

**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 Nutri Ninja® Blade 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 1-inch pieces. Place frozen ingredients in the cup last.

## FROZEN KALE CACAO

PREP: 5 MINUTES | MAKES: 1 SERVING

### INGREDIENTS

2 dates, cut in half, pits removed  
1/2 cup kale leaves, packed  
1 1/2 cups unsweetened coconut milk  
1 scoop chocolate protein powder  
1 teaspoon unsweetened cocoa powder  
1 small frozen banana, quartered  
1/4 cup ice

### DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the dates.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## WATERMELON RASPBERRY CLEANSER

PREP: 5 MINUTES | MAKES: 1 SERVING

### INGREDIENTS

1 cup watermelon, cut in 1-inch chunks  
3/4 cup raspberries  
1/4 cup water  
1/2 cup ice

### DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the watermelon.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## POWERBALL

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

### INGREDIENTS

1/2 small ripe banana, peeled  
1 cup unsweetened coconut milk  
1 teaspoon unsweetened cocoa powder  
1 cup frozen blueberries

### DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the banana.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## CHERRY LIME RICKEYADE

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

### INGREDIENTS

8 ounces coconut water  
1 tablespoon lime juice  
1/2 cup frozen cherries

### DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with coconut water.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## COMPLETE SUNNY ENERGY JUICE

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

### INGREDIENTS

1 orange, peeled, sectioned  
1 tangerine, peeled, sectioned  
2 tablespoons lemon juice  
2 tablespoons apple cider vinegar  
2 tablespoons agave (optional)  
6–8 ice cubes

### DIRECTIONS

1. Place all ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the orange.
2. BLEND until smooth.
3. Remove blades from cup after blending.

## BRIGHT SIDE MOCHA SHAKE

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

### INGREDIENTS

1/2 small ripe banana  
1/2 cup almond milk  
1/4 cup brewed coffee, chilled  
1 1/2 tablespoons creamy almond butter  
1 teaspoon unsweetened cocoa powder  
1 teaspoon agave nectar  
Pinch sea salt  
1/2 cup ice

### DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with banana.
2. BLEND until smooth.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

# LEAN GREEN NINJA

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

## INGREDIENTS

1/4 cup fresh pineapple, cut in 1-inch chunks  
1/4 cup fresh mango, cut in 1-inch chunks  
1/2 small banana  
1/4 cup baby spinach  
1/4 cup kale leaves  
1/4 cup water  
1/2 cup ice

## DIRECTIONS

1. Place all ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the pineapple.
2. BLEND until smooth.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

# CHOCOLATE CHERRY PROTEIN BLAST

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

## INGREDIENTS

1/2 ripe avocado, peeled, pit removed  
1 cup unsweetened almond milk  
1 teaspoon unsweetened cocoa powder  
1 scoop chocolate protein powder  
3/4 cup frozen cherries

## DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the avocado.
2. BLEND until smooth.
3. Remove blades from cup after blending.

# TOP O' THE MORNIN'

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

## INGREDIENTS

1 orange, peeled, cut in quarters, seeds removed  
1 small ripe banana, cut in quarters  
1 cup unsweetened vanilla almond milk  
1/2 teaspoon ground cinnamon  
1 scoop vanilla protein powder  
1/2 cup ice

## DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the orange.
2. BLEND until smooth.
3. Remove blades from cup after blending.

# STRAWBERRY PROTEIN POWER

**PREP:** 5 MINUTES | **MAKES:** 1 SERVING

## INGREDIENTS

1/2 cup silken tofu  
1 tablespoon lime juice  
1 1/4 cups unsweetened almond milk  
2 tablespoons honey  
1 cup frozen strawberries

## DIRECTIONS

1. Place all the ingredients into the 16-ounce Nutri Ninja® Cup in the order listed above, starting with the banana.
2. BLEND until smooth.
3. Remove blades from cup after blending.



For questions or to register your product,  
visit us online at [ninjakitchen.com](http://ninjakitchen.com)



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