

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



NINJA®

NEVERCLOG™ COLD PRESS JUICER

**POWERS THROUGH PULP
FOR HASSLE-FREE JUICING***

10+ QUICK & EASY RECIPES



*On 320g of carrots

JUICING MADE SIMPLE.

Welcome to the Ninja® NeverClog™ Cold Press Juicer Inspiration Guide. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to help you make everything from juices and shots to cocktails, ice pops, and granola. Now let's get juicing.

For more exciting, delicious recipes,
visit ninjakitchen.com.au | ninjakitchen.co.nz

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JUICING BASICS

Cold press juicing is a delicious way to get essential vitamins and nutrients your body needs. And they taste great, too. Find new ways to enjoy your favourite fruits and vegetables with recipes like our Green Machine Shot and Berry Burst Granola. The healthy options are endless.

TIPS & TRICKS FOR THE PERFECT JUICE.

Use the freshest and ripest fruits and vegetables, and wash them prior to juicing.

Always turn the juicer on before adding ingredients to the feed chute.

Add ingredients gradually, making sure all of them have been processed/moved through the feed chute chamber before adding more.

PEEL OR NO PEEL



REMOVE SKINS & RINDS

from ingredients such as citrus fruits, melons, pineapples, dragon fruit, mangoes, pomegranates, beets, ginger, papaya, and root vegetables.



THE PEEL OR SKIN CAN REMAIN ON

for ingredients such as apples, pears, peaches, plums, cucumbers, and carrots.

PREP

For best results, cut ingredients in 4cm pieces.



REMOVE STEMS

from apples (no need to remove the core or seeds). Remove stems from herbs, if desired.



REMOVE LARGE PITS & SEEDS

from ingredients such as mangoes, plums, peaches, cherries, papayas, lemons, melons, and peppers.

REMINDERS



Do not process ingredients that do not contain juice, such as bananas and avocados.



Ingredients such as grapes and berries will require ample quantity due to low product yield.



Do not process frozen fruits and vegetables or ice.

TOTAL PULP CONTROL

Pulp is made up of fibre from the part of the fruit that holds juice and flavour. Whether you like your juices smooth or pulpy, you can use these filters to make them just the way you want. The filters also allow you to funnel pulp into the pulp container, so you can easily use it for pulp recipes.



LESS PULP

FILTER

Use the black filter with the smallest holes for juice with less pulp.



LOTS OF PULP

FILTER

Use the orange filter with the largest holes for juice with lots of pulp.

FOR BEST RESULTS, we recommend using the **Lots of Pulp** filter when processing soft fibrous fruits like pears, berries, seeded melons, and pineapple.



GREEN MACHINE SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (60ML EACH)

FILTER: ANY

INGREDIENTS

60g spinach

20g fresh parsley

½ green apple, cut in 4cm pieces

½ lemon, peeled, cut in half

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir shots and serve immediately.

BEETROOT GINGER LEMON SHOT

PREP: 5 MINUTES

MAKES: 2 SERVINGS (50-60ML EACH)

FILTER: ANY

INGREDIENTS

2 raw medium beetroot, trimmed, cut in 4cm pieces

3cm fresh ginger, peeled

½ lemon, peeled

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute as needed.
2. Upon completion, stir shots and serve immediately.





JUICE
RECIPE

SWEET GREENS JUICE

PREP: 5 MINUTES

MAKES: 2 SERVINGS (200ML EACH)

FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

190g rockmelon, cut in 4cm pieces

160g pineapple, cut in 4cm pieces

190g cucumber, cut in 4cm pieces

80g spinach

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

TROPICAL ANTIOXIDANT JUICE

PREP: 5 MINUTES

MAKES: 3 SERVINGS (200ML EACH)

FILTER: ANY

INGREDIENTS

250g pineapple, cut in 4cm pieces

250g mango, cut in 4cm pieces

250g strawberries, hulled

160g pomegranate seeds

1 lime, peeled, cut in half

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute as needed.
2. Upon completion, stir juice and serve immediately or keep chilled until serving.



JUICE
RECIPE



SOUR POMEGRANATE JUICE

PREP: 5 MINUTES

MAKES: 2 SERVINGS (200ML EACH)

FILTER: ANY

INGREDIENTS

1 grapefruit, peeled, cut in quarters

1 green apple, cut in 4cm pieces

280g pomegranate seeds

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.

CARROT ORANGE GINGER

PREP: 5 MINUTES

MAKES: 2 SERVINGS (250ML EACH)

FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

4cm piece fresh ginger, peeled

2 oranges, peeled, cut in eights

4 large carrots, ends trimmed, cut in 4cm pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.





ORANGE GRAPEFRUIT MIMOSAS

PREP: 5 MINUTES

MAKES: 7-8 SERVINGS (175ML EACH)

FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

- 3 oranges, peeled, cut in quarters
- 2 grapefruits, peeled, cut in quarters
- 1 bottle (750ml) sparkling wine

DIRECTIONS

1. Press START/STOP, then gradually add oranges and grapefruits to the feed chute. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute as needed. If the juice jug begins to get full, add juice to a larger pitcher and continue juicing. Continue until all oranges and grapefruits have been juiced.
2. Upon completion, pour sparkling wine into large pitcher. Stir and serve immediately or keep chilled until serving.

This recipe contains alcohol,
please drink responsibly.

HEALTHY START VEGGIE JUICE

PREP: 5 MINUTES

MAKES: 2 SERVINGS (200ML EACH)

FILTER: ANY

INGREDIENTS

- 1 green apple, cut in 4cm pieces
- 2 stalks celery, cut in 4cm pieces
- ½ red pepper, seeded, cut in 4cm pieces
- 2 (approx. 250g) carrots, trimmed, cut in 4cm pieces
- ½ lemon, peeled, cut in half
- 25g fresh parsley, leaves and stems

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.





BERRY BURST JUICE

PREP: 5 MINUTES

MAKES: 2 SERVINGS (200ML EACH)

FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

150g strawberries, hulled

1 orange, peeled, cut in quarters

160g pineapple, cut in 4cm pieces

80g blueberries

60g raspberries

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Berry Burst Granola on the next page, be sure to save the pulp.



BERRY BURST GRANOLA

PREP: 20 MINUTES

BAKE: 35-45 MINUTES

MAKES: APPROX. 800G

INGREDIENTS

400g rolled porridge oats

200g roughly chopped mixed raw nuts

80g unsweetened desiccated (shredded) coconut

1 teaspoon fine salt

1 teaspoon ground cinnamon

100ml coconut oil, melted

160ml honey or maple syrup

1 teaspoon vanilla extract

120g Berry Burst Juice pulp, finely chopped,
or any desired fruit pulp

DIRECTIONS

1. Preheat oven to 180°C and line a baking sheet with parchment paper.
2. In a large bowl, combine oats, nuts, coconut, salt, and cinnamon.
3. Add the coconut oil, honey or maple syrup, vanilla extract, and fruit pulp to the oat mixture and stir until evenly coated. Pour the mixture onto the prepared pan and use a spatula to spread it in an even layer.
4. Place baking sheet in the oven and bake for 35 to 45 minutes or until dark golden brown, stirring halfway through cooking.
5. Let granola cool completely before serving. It will crisp up as it cools.
6. Store granola in an airtight container at room temperature up to 2 weeks.



TROPICAL TWIST JUICE

PREP: 5 MINUTES
MAKES: 1 SERVING (250ML)
FILTER: LOTS OF PULP (ORANGE)

INGREDIENTS

1 orange, peeled, cut in quarters
150g pineapple, cut in 4cm pieces
150g mango, cut in 4cm pieces

DIRECTIONS

1. Press START/STOP, then gradually add ingredients to the feed chute in the order listed. For best results, allow juicer to process each piece before adding more to the feed chute. Use the tamper to press ingredients down through the feed chute, as needed.
2. Upon completion, stir juice and serve immediately.
3. If making the Tropical Twist Ice Pops on the next page, be sure to save the pulp.



TROPICAL TWIST ICE POPS

PREP: 5 MINUTES
FREEZE: 8 HOURS–OVERNIGHT
MAKES: 4 SERVINGS

INGREDIENTS

230ml Tropical Twist Juice
150g Tropical Twist Juice pulp

DIRECTIONS

1. Mix the juice and pulp together until combined.
2. Divide mixture evenly between 4 ice pop molds (90-100ml each).
3. Freeze at least 8 hours or overnight.

TIP

You can also freeze the mixture in ice cube trays.

NINJA[®]

NEVERCLOG[™]
COLD PRESS JUICER

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