

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



NINJA Foodi

**POWER BLENDER
& PROCESSOR SYSTEM**

with Power Smoothie Bowl
and Power Nutri™ Cup*

15+ delicious recipes



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

1.
[+HRana@sharkninja.
com] distributor
approval last night, just
need Veeva approval
[Gaby Desir]

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

Welcome to the Ninja® Foodi™ Power Blender & Processor System 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 smoothie bowls and nut butters to frozen drinks, smoothies, salsas, and cookie dough—all in your kitchen system. Now let's get started.

For more exciting delicious recipes, visit
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NZ ninjakitchen.co.nz

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



AUTO-iQ® MODE

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.


DIAL

Use the dial to select the desired program, then press START/STOP to begin.



POWER


Use the power button to turn the unit on or off.



SMOOTHIE
Fruit Smoothies
Frozen Drinks


SPREAD
Sauces
Dips

BOWL
Smoothie Bowl
Sorbet



CHOP
Veggie Chop

DOUGH
Cookies
Pizza



Use **drinkable** programs with the **POWER NUTRI CUP**.

EXTRACT
Green Drinks
Refresher

SMOOTHIE
Fruit Smoothies
Protein Drinks

Use **spoonable** programs with the **POWER SMOOTHIE BOWL**.

SPREAD
Nut Butter
Hommus

BOWL
Smoothie Bowl
Fro-Yo

TIP:
The unit can detect which container is installed on the motor base. Only the functions available for a particular container will illuminate on the control panel.

MANUAL MODE

Go manual for total control of your blending speed and textures. Dial down the speed for heavy loads like dough, or crank up the speed for smoothies. Continuously runs up to 60 seconds. Press START/STOP at any time to end program sooner.

NOTE: In Manual mode, Auto-iQ® programs will not illuminate on the control panel.

DIAL

Turn the dial from speed 1 to speed 10. Press START/STOP to begin and end blending.

NOTE: Only speed 10 is available when using the Power Nutri Cup or Power Smoothie Bowl.



POWER

Use the power button to turn the unit on or off.

PULSE

Use short presses for short pulses and long presses for long pulses.

USING VARIABLE SPEED CONTROL & THE POWER BLENDER & PROCESSOR PITCHER

NOTE: IF USING MANUAL SPEEDS WITH THE DOUGH BLADE ASSEMBLY, ONLY USE SPEEDS 1 OR 2.

START SLOW

Always start at a low speed (1-3) to better incorporate ingredients and prevent them from sticking to the sides of the vessel.

DIAL UP THE SPEED

Smoother blends call for higher speeds. Low speeds are great for chopping veggies and mixing dough, but you'll need to ramp up for purees and dressings.

HIGH-SPEED BLENDING

Blend until your desired consistency is reached. The longer you blend, the better the breakdown and smoother the outcome will be.

Using the Power Nutri Cup* (Single-Serve Cup)

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

Use the **SMOOTHIE** program to combine your favourite 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.

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

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 Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.



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BUILT-IN
TAMPER

Twist

Introducing the POWER SMOOTHIE BOWL

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 for one

USING THE POWER SMOOTHIE BOWL



1.

Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

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



3. (Optional)

Amplify your base by adding 1 scoop of yoghurt, flavour powder, protein powder, and/or nut butter.



4.

Screw on the blade assembly and install the smoothie bowl on the motor base.

Select **BOWL** and press START/STOP. Twist the built-in tamper counterclockwise **continuously** while processing.

5.

After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



DID YOU KNOW?

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

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Smoothie bowls for a crowd

USING THE POWER BLENDER & PROCESSOR PITCHER



1.

With the Stacked Blade Assembly installed in the pitcher, add milk, or milk alternative such as soy, coconut, almond, or oat milk up to the **500 ml line**.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets up to the **1300 ml line**.

*Cut larger fruit, like bananas, in quarters.
If using açai or dragon fruit packets, thaw slightly and cut in quarters.*



3. (Optional)

Amplify your base by adding 2 scoops of yoghurt, flavour powder, protein powder, and/or nut butter.



4.

Install lid, then install pitcher on the motor base. Use the dial to select **BOWL** and press START/STOP. If more blending is needed, run on Speed 10 until combined.



5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favourite 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.



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Blending 101

Tips to set yourself up for blending success.

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

Overfilling the pitcher with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

Top off with ice or frozen ingredients.



5

Next add any dry or sticky ingredients like seeds, powders, and nut butters.



4

Pour in liquid or yoghurt next. For thinner results or a juice-like drink, add more liquid.



3

Next add leafy greens and herbs.



2

Start with fresh fruits and vegetables. For best results, cut into 2.5 cm pieces.



1



Total Crushing* and Chopping Blade Assembly (Stacked Blade)



PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 5 cm pieces, and broccoli or cauliflower florets into 2 cm pieces. Cut ingredients such as onions in quarters.



PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 5 cm cubes.

CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop, and three times for a mince.



WARNING: Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

Dough basics 101

Tips and tricks for creating the perfect dough.



KNEADING

Once a dough ball forms, remove it from the pitcher and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat. Kneading is complete when the dough is no longer sticky, is smooth on the outside, and bounces back when pressed with your fingers.

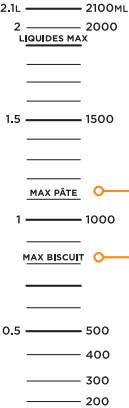


PROOFING

Usually done for breads, proofing is when the dough is allowed to **rest and rise** one last time before baking. It gives bread a light and airy texture. To create ideal proofing conditions, heat oven to 75°C. Place dough ball in a greased oven-safe bowl and cover loosely with plastic wrap. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to proof in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX (MAX PÂTE)** and **COOKIE MAX (MAX BISCUIT)**, when filling the Pitcher. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
240 ml	120 ml
180 ml	90 ml
160 ml	80 ml
120 ml	60 ml
80 ml	40 ml
60 ml	2 tbsp
1 tbsp	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp

Dough basics 101 cont.

Loading tips for making different doughs and batters.

DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of pitcher and dough ball forms.



COOKIES

Unit can make a max of 24 28 g cookies at a time.

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins, and nuts). Stir to combine.



BISCUITS, PIES & SCONES

Unit can make a max of 8 biscuits of scones or one 30 cm round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Use the dial to select DOUGH, then press START/STOP.
- 2 Add cold liquids (such as cold milk or water) and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine, if needed.



PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30 cm round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Use the dial to select DOUGH, then press START/STOP.
- 2 Remove dough ball and knead to combine, if needed.



CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 30 cm round cake, one 20 cm x 20 cm pan brownies, 12 muffins, or one 20 cm x 10 cm loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press iQ/Manual and with Speed 1 selected, press START/STOP. Blend until combined.

DOUGH KICKSTARTER

Pizza Dough

PREP: 20 MINUTES | **RISE:** 45 MINUTES
CONTAINER: 2.1 L PITCHER | **BAKE:** 20-25 MINUTES

INGREDIENTS

- | | |
|---------------------------------|-------------------------|
| 1 (7 g) packet active dry yeast | 110 ml olive oil |
| 1 teaspoon granulated sugar | 340 g all-purpose flour |
| 240 ml warm water (40°-45°C) | 1 teaspoon kosher salt |

DIRECTIONS



Install the dough blade in the 2.1 L Pitcher. Place the yeast, sugar, and warm water in the pitcher and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour, and salt. Install the lid, then select DOUGH and press START/STOP.



Remove dough ball from pitcher and knead for two minutes. Refer to the Dough basics 101 page for information on how to knead.



Place dough ball in a lightly oiled bowl. Cover loosely with plastic wrap and allow to rise for 45 minutes or until dough has doubled in size. Refer to the Dough basics 101 page for tips on how to rise/proof the dough.



Once dough ball has risen, preheat oven to 220°C. Roll dough out into a 30 cm round and place on a greased baking sheet.



Add your favourite pizza toppings and bake for 20 to 25 minutes or until golden brown.



TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

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Choose your own adventures



Quick bread or muffins

Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Pick 1 fruit or veggie:**
 - 190 g fruit or veggies, cut in 5 cm pieces, such as:
 - Banana, apple, pear, peach, mango
 - Carrot, zucchini, cooked pumpkin, cooked sweet potato, cooked butternut or acorn squash
 - 2 tablespoons cold water (only if using raw veggies)
- 3 **Run CHOP program twice**

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Add all ingredients:**
 - 2 eggs
 - 110 ml canola oil
 - 200 g granulated sugar
 - 50 g brown sugar
 - 1 teaspoon extract of choice: vanilla lemon, orange, almond
- 3 **Run DOUGH program once**



Step 3

- 1 **Add ingredients:**
 - 250 g flour
 - 2 teaspoons baking powder
 - Seasoning/spices of choice (cinnamon, nutmeg, ground ginger)
- 2 **Run DOUGH program once**
 - If more mixing is needed, run on Speed 2 until combined.

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

Step 4

- 1 **Add mix-ins, such as:**
 - 60 g walnuts, pecans, chocolate chips, dried fruit, and/or seeds
- 2 **Use Manual Speed 1, select START/STOP; blend until combined**
- 3 **Pour into prepared baking dish and bake at 175°C:**
 - 12 muffins: 15–20 minutes
 - One 20 cm x 10 cm loaf: 50–60 minutes

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Chopped salads

Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
 - 1/2 small onion, peeled, cut in 5 cm pieces
 - 1 stalk celery, cut in 5 cm pieces
 - 1 pickle, cut in 5 cm pieces
 - 25 g fresh herbs: parsley, coriander, basil dill
- 3 **Run CHOP program twice**

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
 - 450 g cooked chicken or turkey, cut in 5 cm pieces
 - 4 cans (150 ml each) tuna or crab meat, drained
 - 450 g smoked salmon
 - 12 hard-boiled eggs, whole

Step 3

- 1 **Add ingredients:**
 - 55 g – 110 g mayo, yoghurt, or dressing
 - 2 tablespoons mustard
 - Juice of 1 lemon
- 2 **Add optional seasonings and mix-ins, such as:**
 - Curry powder, chipotle powder, paprika, cumin and/or ranch dressing
 - 30 g nuts and/or dried fruit
- 3 **Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

Step 4

- 1 **Serve:**
 - In sandwiches
 - On toast
 - On beds of lettuce



Meat dishes

Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
 - 1/2 small onion, peeled, cut in 5 cm pieces
 - 2 cloves garlic, peeled
 - 25 g fresh parsley leaves
- 3 **Run CHOP program twice**

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

Step 2

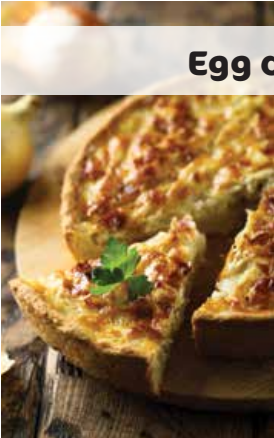
- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
 - 450 g ground beef, turkey, pork, chicken, or lamb

Step 3

- 1 **Add ingredients (meatloaf and meatballs only):**
 - 1 egg, 60 ml milk, and 55 g breadcrumbs
- 2 **Add optional seasonings & mix-ins, such as:**
 - Chipotle powder, taco seasoning, Italian seasoning
 - 60 g shredded cheese of choice
- 3 **Use Manual Speed 1, select START/STOP. Blend until desired consistency is reached**

Step 4

- 1 **Shape into meatballs or patties or place in a prepared loaf pan, then cook until internal temperature reaches 75°C.**
 - One 20 cm x 10 cm meatloaf: 175°C for 40 minutes
 - 12 meatballs: 190°C for 30–40 minutes
 - 4 burgers: medium-high heat for 5–10 minutes



Egg dishes



Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add all ingredients:**
 - 1/2 small onion, peeled, cut in 5 cm pieces
 - 1/2 small capsicum, cut in 5 cm pieces
 - 25 g fresh parsley leaves
- 3 **Run CHOP program twice**

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Add all ingredients:**
 - 8 eggs
 - 60 ml milk
 - 120 g shredded cheese of choice
 - 120 g heavy cream (quiches and stratas only)

Step 3

- 1 **Add mix-ins, such as:**
 - 150 g cooked veggies or meat: Asparagus, broccoli, kale, spinach, butternut squash, cauliflower, tomato, zucchini, sweet potato, sausage, ham, bacon
- 2 **Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

Step 4

- 1 **Pour into prepared baking dish and bake at 190°C:**
 - Muffin tin frittatas: 20–25 mins
 - One 23 cm quiche: 45–55 mins
 - One 20 cm x 20 cm strata: 30–35 mins



Veggie dishes



Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Pick 2 veggies, such as:**
 - 1/2 small onion, peeled, cut in 5 cm pieces
 - 1/2 capsicum pepper, cut in 5 cm pieces
 - 1 stalk celery, cut in 5 cm pieces
 - 1/2 carrot, cut in 5 cm pieces
- 3 **Pick 2 aromatics (optional):**
 - 2 cloves garlic, peeled
 - 2 cm piece of ginger, peeled
 - 25 g fresh parsley leaves
 - 25 g fresh coriander
- 4 **Run CHOP program twice**

TIP Use a rubber spatula to scrape down sides of pitcher, as needed.

Step 2

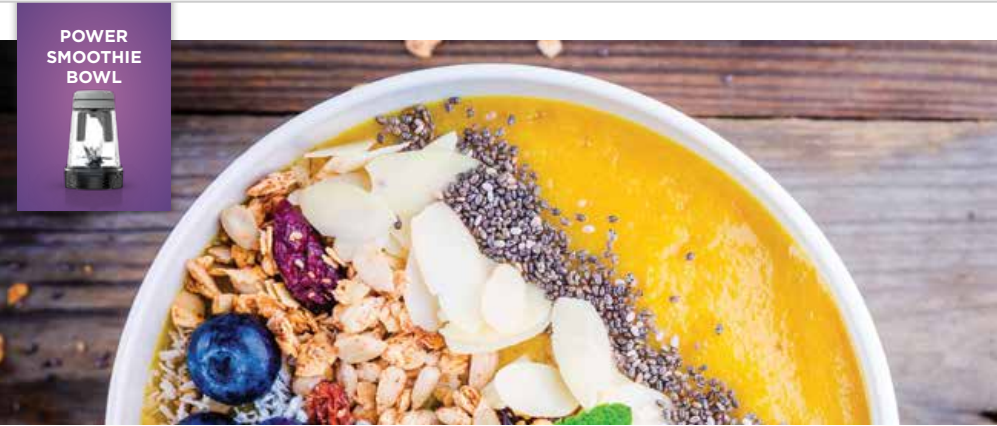
- 1 **Select a vegetable, such as:**
 - 1 can beans 450 ml, drained, such as black beans, chickpeas
 - 350 g cooked broccoli
 - 350 g cooked cauliflower
- 2 **Run CHOP program twice**

Step 3

- 1 **Swap Stacked Blade for Dough Blade**
- 2 **Choose binding ingredients:**
 - 1 450 ml can beans, drained, such as black beans, chickpeas
 - 1 egg and 55 g breadcrumbs OR
 - 60 g – 120 g shredded cheese
 - 1 egg and 55 g breadcrumbs
- 3 **Add optional seasonings & mix-ins, such as:**
 - Taco seasoning, curry, BBQ, ranch, chipotle
 - 25 g Frozen or fresh, corn, peas or nuts

Step 4

- 1 **Shape into desired form or place in prepared pan, then cook:**
 - Veggie burgers: medium-high heat for 8 mins
 - Veggie tots: 230°C for 20–25 minutes
 - Fillings: 200°C for 30–40 minutes
 - Stuffing: 200°C for 40–45 minutes



POWER SMOOTHIE BOWL EXCLUSIVE

TROPICAL SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: 400 ML BOWL
MAKES: 1 SERVING

INGREDIENTS

Coconut milk
Frozen pineapple chunks
Frozen mango chunks
Sweetener of choice, as desired

DIRECTIONS

1. Pour coconut milk into the 400 ml smoothie bowl, filling to the Liquid Fill line.
2. Add frozen pineapple and mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
3. Select BOWL, then press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
4. Remove blades from smoothie bowl after blending.
5. Decorate with toppings of your choice and serve.



POWER SMOOTHIE BOWL EXCLUSIVE

AÇAÍ BERRY BOWL

PREP: 5 MINUTES
CONTAINER: 400 ML BOWL
MAKES: 1 SERVING

INGREDIENTS

Almond milk
1 packet 100 ml açai puree, slightly thawed,
cut in quarters
Frozen mixed berries
Sweetener of choice, as desired

DIRECTIONS

1. Pour almond milk into the 400 ml smoothie bowl, filling to the Liquid Fill line.
2. Add quartered açai puree and frozen mixed berries and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
3. Select BOWL and press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
4. Remove blades from smoothie bowl after blending.
5. Decorate with toppings of your choice and serve.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

DRAGON FRUIT BOWL

PREP: 5 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 3-4 SERVINGS

INGREDIENTS

Coconut milk
Frozen dragon fruit
Frozen pineapple chunks
Sweetener of choice, as desired

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher.
2. Pour coconut milk into the pitcher, filling to the 500 ml line.
3. Add frozen dragon fruit and frozen pineapple and sweetener (optional) up to, but not exceeding, the 1300 ml line. Install the lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on Speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

MANGO TANGO BOWL

PREP: 5 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 3-4 SERVINGS

INGREDIENTS

Whole milk
Frozen mango chunks
Frozen strawberries
Frozen peach slices
Sweetener of choice, as desired

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher.
2. Pour whole milk into the pitcher, filling to the 500 ml line.
3. Add frozen mango chunks, frozen strawberries, and frozen peaches and sweetener (optional) up to, but not exceeding, the 1300 ml line. Install the lid.
4. Select BOWL, then press START/STOP. If more blending is needed, run on Speed 10 until combined.
5. Remove lid and stacked blade from pitcher after blending.
6. Decorate with toppings of your choice and serve.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

MEATBALLS

PREP: 10 MINUTES
COOK: 40 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 4 SERVINGS

INGREDIENTS

- 60 ml milk
- 55 g bread crumbs
- 1/4 small onion, peeled, cut in 5 cm pieces
- 2 cloves garlic, peeled
- 25 g parsley leaves, chopped
- 450 g uncooked ground beef
- 25 g shredded Parmesan
- 1/2 teaspoon crushed red capsicum
- 1 egg, beaten
- Kosher salt, as desired
- Ground black pepper, as desired
- 2 tablespoons all-purpose flour
- 1 tablespoon canola oil
- 1 jar 740 ml marinara or pasta sauce

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



DIRECTIONS

1. Preheat oven to 190°C.
2. Combine milk and bread crumbs in a small bowl and set aside.
3. Install stacked blade in the 2.1 L Pitcher. Place onion, garlic, and parsley in pitcher. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
4. Remove stacked blade. Install dough blade.
5. Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt, and capsicum in pitcher.
6. Select Speed 1 and run until desired consistency is reached. Remove lid and dough blade.
7. Using your hands or a 2 cm scoop, form meat mixture into 12 meatballs. Coat in flour.
8. Heat a large sauté pan over medium high heat. Add oil, and cook meatballs until golden brown, turning frequently.
9. Pour pasta sauce into a 20 cm x 20 cm baking dish. Place meatballs into baking dish and place baking dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 74°C.

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POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

CRAB CAKES

PREP: 5 MINUTES
CHILL: 15 MINUTES
COOK: 8 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 8 CRAB CAKES

INGREDIENTS

- 1/2 baguette 170 g, cut in 2 cm cubes
- 1/2 red capsicum, cut in quarters
- 1/2 red onion, peeled, cut in half, ends trimmed
- 2 cloves garlic, peeled
- 2 cans (170 ml each) jumbo lump crab meat
- 55 g mayonnaise
- 30 g all-purpose flour
- Juice of half a lemon
- 3 green onions, sliced
- 55 g canola oil
- Kosher salt, as desired
- Ground black pepper, as desired

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher.
2. Place cubed baguette in the pitcher. Select PULSE to create bread crumbs. When processing is complete, transfer bread crumbs to a bowl and set aside.
3. Place red capsicum, onion, and garlic in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
4. Remove lid and stacked blade. Transfer chopped vegetable mixture to a mixing bowl. Add crab meat, mayonnaise, flour, lemon juice, green onion, and 100 g of the reserved breadcrumbs and mix evenly.
5. Place mixture in the refrigerator to chill for 15 minutes.
6. After mixture has chilled, stir in the remaining bread crumbs, divide mixture into 8 sections, and form into patties.
7. Heat canola oil in a pan over medium-high heat and cook crab cakes for 4 minutes on each side or until golden brown.
8. Remove crab cakes from pan and season with salt and pepper as desired.

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CAULIFLOWER FRIED RICE

PREP: 5 MINUTES
COOK: 10 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 2-3 SERVINGS

INGREDIENTS

- 1 head cauliflower, cut in 2 cm florets
- 2 tablespoons canola oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, peeled, grated
- 150 g frozen mixed vegetables (corn, peas, carrots, green beans, etc.)
- 2 tablespoons soy sauce
- Kosher salt, as desired
- Ground black pepper, as desired
- 3 green onions, sliced
- Sesame seeds, for garnish

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher. Place cauliflower in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
2. Heat oil in a pan over medium-high heat, then sauté garlic and ginger until golden brown.
3. Remove lid and stacked blade. Add riced cauliflower, vegetables, soy sauce, salt, and capsicum to the pan and cook until cauliflower is tender and vegetables are warmed through, for about 8 minutes.
4. Garnish with green onions and sesame seeds and serve.



VEGGIE BURGERS

PREP: 5 MINUTES
COOK: 8 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 4 BURGERS

INGREDIENTS

- 1/2 red onion, peeled, cut in half
- 2 cloves garlic, peeled
- 2 cans black beans, rinsed, drained, divided
- 1 canned chipotle pepper in adobo sauce, plus 3 teaspoons adobo sauce
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons salsa
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/2 cup corn (fresh, canned, or thawed frozen)
- 2 tablespoons canola oil
- 1 head butter lettuce, leaves separated
- 1 avocado, sliced



DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher. Place onion and garlic in the pitcher. Select CHOP and press START/STOP.
2. When program is complete, add half the beans, then add the chipotle pepper, adobo sauce, cumin, salt, capsicum, salsa, and egg to pitcher. Select CHOP and press START/STOP.
3. Once processing is complete, run CHOP program again.
4. When program is complete, remove stacked blade from pitcher and transfer black bean mixture to a bowl. Add bread crumbs, corn, and remaining black beans to the bowl and combine evenly.
5. Form 4 patties with the mixture. Heat oil in a pan over medium-high heat, then cook burgers for 4 minutes on each side.
6. When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

Sesame Seed Buns

PREP: 10 MINUTES
RISE: 15 MINUTES
BAKE: 13-15 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 8 BUNS

INGREDIENTS

- 1 tablespoon active dry yeast
- 2 tablespoons white sugar
- 240 ml warm water (40–45°C)
- 60 ml warm whole milk (40–45°C)
- 1½ teaspoons kosher salt
- 2 eggs, divided
- 2 tablespoons unsalted butter, softened
- 440 g all-purpose flour
- 1 tablespoon milk
- 1 tablespoon sesame seeds

TIP Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

TIP For best cleaning results, wash the pitcher, lid, and blade assembly in the dishwasher.

2.1 L
PITCHER



DOUGH BLADE

DIRECTIONS

1. Preheat oven to 200°C. Line a baking sheet with parchment paper and set aside.
2. Install dough blade in the 2.1 L Pitcher. Stir together yeast, sugar, warm water, and warm milk and pour into pitcher. Allow to sit for 5 minutes.
3. After 5 minutes, add salt, 1 egg, butter, and flour to the pitcher. Select DOUGH and press START/STOP. If more mixing is needed, run on Speed 2 until combined.
4. Transfer dough to a floured work surface and knead a few times with your hands, then form it into a ball. Cut the dough ball into 8 pieces. Shape each piece into a ball and place evenly spaced apart on the prepared baking sheet.
5. Loosely cover the dough balls with a clean kitchen towel and let rise for 15 minutes.
6. While the dough is rising, mix remaining 1 egg with 1 tablespoon milk in a small bowl. After 15 minutes, remove towel and brush the tops of the buns with the egg wash, then sprinkle with sesame seeds.
7. Bake for 13 to 15 minutes or until golden brown.

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POWER SMOOTHIE BOWL EXCLUSIVE

ALMOND BUTTER

PREP: 5 MINUTES
CONTAINER: 400 ML BOWL
MAKES: 240 ML

INGREDIENTS

230 g roasted almonds
2 tablespoons canola oil

DIRECTIONS

1. Place all ingredients in the 400 ml smoothie bowl in the order listed, then install the blade assembly.
2. Select SPREAD and press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
3. Remove blades from smoothie bowl after blending.

TIP Swap out the canola oil for any oil of your choice, such as coconut, avocado, vegetable, or peanut oil.

TIP For best cleaning results, wash the bowl maker and blade assembly in the dishwasher.

TIP For a smoother consistency, run the SPREAD program again.



POWER SMOOTHIE BOWL EXCLUSIVE

ROASTED RED PEPPER HOMMUS

PREP: 5 MINUTES
CONTAINER: 400 ML BOWL
MAKES: 1 SERVING

INGREDIENTS

240 g chickpeas, drained
1 roasted red capsicum, cut in quarters
2 cloves garlic, peeled
1/2 tablespoon lemon juice
1 tablespoon olive oil
1/4 teaspoon paprika
Kosher salt, as desired
Ground black pepper, as desired

DIRECTIONS

1. Place all ingredients in the 400 ml smoothie bowl in the order listed, then install the blade assembly.
2. Select SPREAD and press START/STOP. Twist the built-in tamper counterclockwise continuously while blending until program is complete.
3. Remove blades from smoothie bowl after blending.

TIP For a smoother consistency, run the SPREAD program again.

TIP For best cleaning results, wash the bowl maker and blade assembly in the dishwasher.



POWER BLENDER & PROCESSOR PITCHER EXCLUSIVE

FRESH CITRUS MARGARITA

PREP: 10 MINUTES
CONTAINER: 2.1 L PITCHER
MAKES: 4 SERVINGS

INGREDIENTS

- 1 lime, peeled, cut in half, seeds removed
- 1 lemon, peeled, cut in quarters, seeds removed
- 80 ml orange juice
- 60 ml triple sec
- 155 ml tequila
- 4 cups ice

DIRECTIONS

1. Install stacked blade in the 2.1 L Pitcher. Then place all ingredients into the pitcher in the order listed.
2. Press iQ/MANUAL, then press START/STOP. Turn dial to steadily increase from speed 1 to speed 10 and blend until desired consistency is reached.

POWER NUTRI CUP* EXCLUSIVE

CREAMSICLE SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 700 ML POWER NUTRI CUP
MAKES: 1 SERVING

INGREDIENTS

- 225 g frozen peach slices
- 1 orange, peeled, cut in quarters, seeds removed
- 60 g vanilla Greek yoghurt
- 120 ml orange juice

DIRECTIONS

1. Place all ingredients in the 700 ml Power Nutri Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE and press START/STOP.
3. Remove blades from cup after blending.

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





POWER
NUTRI CUP

POWER NUTRI CUP® EXCLUSIVE

MINT PINEAPPLE REFRESHER

PREP: 5 MINUTES
CONTAINER: 700 ML POWER NUTRI CUP
MAKES: 1 SERVING

INGREDIENTS

- 1/2 green apple, cut in quarters
- 150 g pineapple, cut in 2.5 cm chunks
- 1/2 teaspoon lime juice
- 5 mint leaves
- 60 ml coconut water
- 2 ice cubes

DIRECTIONS

1. Place all ingredients in the 700 ml Power Nutri Cup in the order listed, then install the blade assembly.
2. Select EXTRACT and press START/STOP.
3. Remove blades from cup after blending.

TIP If you're not a fan of mint, or want to enhance the pineapple flavour in this recipe, omit the mint.

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

Cleaning


STUCK-ON INGREDIENTS IN THE POWER SMOOTHIE BOWL?

NOTE: For best results, use a dishwasher to remove stuck-on ingredients.

1. Rinse the smoothie bowl and blade assembly under **WARM WATER** after processing.
2. Fill the smoothie bowl with warm water up to the top of the built-in tamper and add **1 or 2 SMALL DROPS** of dish soap.
3. Select **BOWL** and press START/STOP. Twist the built-in tamper **counterclockwise continuously** while processing.
4. Once complete, empty contents and rinse under warm water.

NOTE: The built-in tamper in the Smoothie Bowl Maker is not removable.





STUCK-ON INGREDIENTS IN THE PITCHER OR CUP:

Fill pitcher with warm water up to the **DOUGH MAX** line and add **1 or 2 small drops** of dish soap. For the cup, fill halfway with warm water and add **1 small drop** of dish soap. Run the **BOWL** program. Once complete, empty contents and rinse under warm water. Refer to the Owner's Guide for more information.



Dishwasher

Containers, lids, and blade assemblies are all dishwasher safe.



Hand-Washing

Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle. Use the included cleaning brush to remove excess residue, such as when dealing with stuck-on ingredients, like doughs and batters.



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

NINJA Foodi™

**POWER BLENDER
& PROCESSOR SYSTEM**

**with Power Smoothie Bowl
and Power Nutri™ Cup***

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

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