

# NUTRI NINJA | NINJA BLENDER DUO™

Auto-iQ™  
TECHNOLOGY

Let's Get Started!  
Assembly, Tips & Recipes.

25  
RECIPES!



# Congratulations!

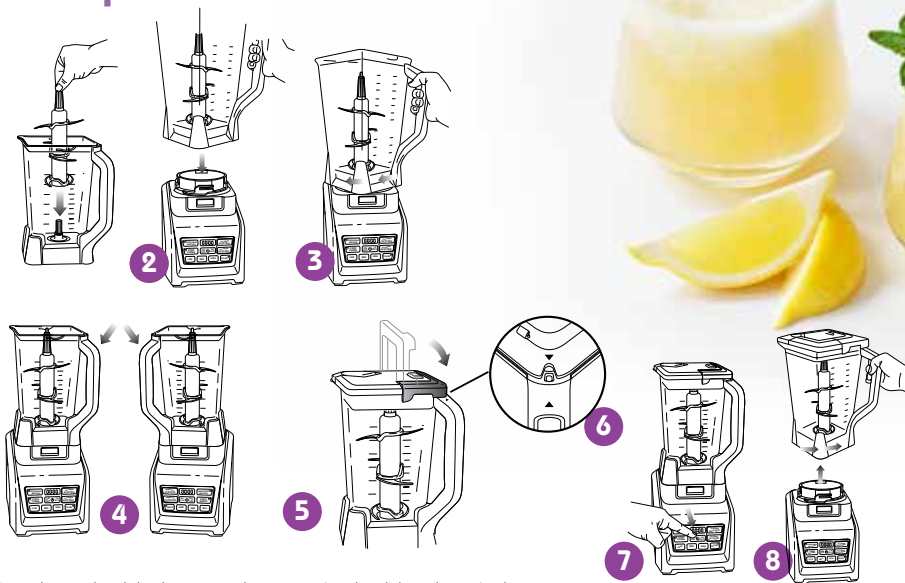
Welcome to the Ninja® Auto-iQ™ Experience! Ninja's Auto-iQ™ technology features intelligent programs that combine unique pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! These programs are timed to deliver delicious results, so all you have to do is press a button and enjoy.

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## Assembly & Disassembly

### with pitcher



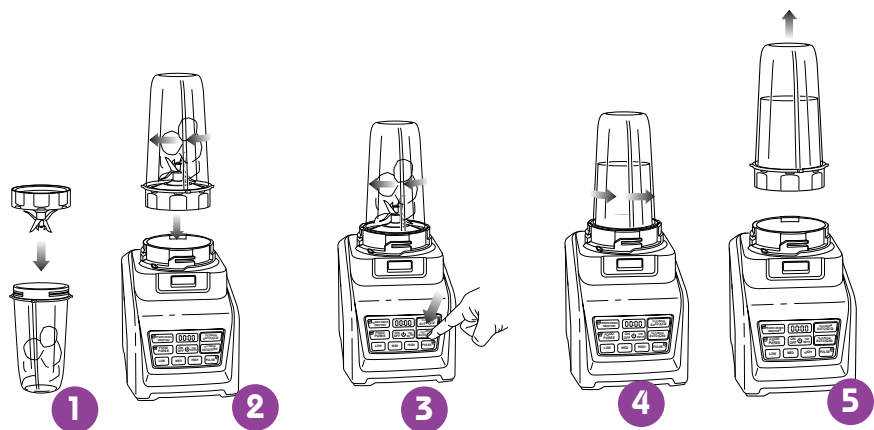
1. Place the blade onto the gear in the blender pitcher.
2. Form a diamond by placing one of the corners of the blender pitcher over the Ninja® logo on the base.
3. Lock the pitcher into place by rotating the bowl clockwise until you hear a click.
4. The pitcher can be placed on the base two ways, with the handle in the front right or the left position.
5. To place the lid on the jar press the release button so the handle is upright.
6. Align the arrows on the lid and the pitcher handle then lock the lid in place by pressing the handle down until you hear a click.
7. Select the Auto-iQ™ or desired speed program.
8. When the program finishes, turn off the appliance and wait for the blade to stop turning. Turn pitcher counter-clockwise to remove.



**Caution:** Removable blades are very sharp! Always grab the top of the blade shaft to avoid injuries. When pouring, we recommend you use the pour spout with the lid on. Do not pour without a lid as blades will fall out.

**NOTE:** Programs applicable for the blender pitcher will illuminate once the pitcher is locked onto the base.

# Assembly & Disassembly with Nutri Ninja® Cup



1. After adding ingredients to the Nutri Ninja® cup, place the Pro Extractor Blades™ onto the cup and screw it on tightly.
2. Flip the cup upside down, place the cup onto the base and turn clockwise until you hear a click.
3. Choose a program or speed setting and blend. All Auto-iQ™ programs have unique blend, pulse, and pause patterns that automatically stop once the countdown timer reaches 0:00.
4. To remove, rotate the cup counter clockwise.
5. Pull the cup straight up.



**NOTE:** Programs applicable for the Nutri Ninja® Cup will illuminate once the Nutri Ninja® Cup is locked onto the base.



## Let's Get Healthy Wellness Plan

The nutrient-rich juice and smoothie recipes in this inspiration guide were created for the top five wellness categories, to help you start your journey toward optimal health.



### Detox/Cleanse

Our detox recipes have fresh fruits, vegetables, and herbs that will help give your body a beneficial detox boost.



### Heart Health

Your heart has a big job to do and needs foods that can help support circulation and reduce stress, to keep you as healthy as possible.



### Longevity + Beauty

Looking good! We've developed recipes that can help to strengthen your immune system and bring back your natural glow.



### Mood + Immunity

Turn that frown around with antioxidant-rich vegetables, fruits, fresh herbs, and even coconut water—electrolyte builders that keep the body hydrated and you feeling great.



### Weight Loss Wellness

Jumpstart your weight and fitness efforts by adding one of our green-based smoothies or juices to your meal plan.

Look for the matching icons throughout the guide as you select your recipes.



# Nutri Ninja® | Ninja® Blender DUO™

## with **Auto-iQ™ Technology**

Auto-iQ™ programs combine unique pulsing, blending, and pausing patterns that do the work for you! Get great results every time with no guesswork required! No more standing over a blender, simply press a button and get the time you need to get other things done.

**Auto-iQ™ Frozen Drinks/Smoothies:** This program is designed for creating delicious drinks in our 72-ounce Pitcher. Our stacked blades will crush ice, frozen fruits and vegetables in seconds, giving you a refreshing icy beverage!

**Auto-iQ™ Puree:** This program is designed for making foods such as dips, hummus, baby food, or soups. Both jar configurations can be used with this setting. Use the Blender Pitcher for larger batches or the Nutri Ninja® Cups for smaller portions.

**Auto-iQ™ Blend:** This program is specifically designed for our Nutri Ninja® Cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use this setting for Super Juices that use fresh or softer ingredients.

**Auto-iQ™ Ultra Blend:** This program is specifically designed for our Nutri Ninja® cups. The Pro Extractor Blades™ for the Nutri Ninja® Cups spin much faster, giving you super smooth results, every time. Use the ULTRA BLEND setting for harder ingredients such as frozen fruits or vegetables, ice, seeds, and more.

**Auto-iQ™ Pulse:** This is an enhanced feature to our existing pulse function. Auto-iQ™ Pulse offers greater control to help prevent over processing or over blending. Simply, hold down the button and our blades will run at a high speed for a quick burst of power to break through ice, or chop vegetables.



# Nutri Ninja® 101

VEGGIES {

FRUIT {

LIQUID {

ICE {



When filling your Nutri Ninja® cups, we recommend that you start with adding your fresh fruits or vegetables first.

If you're using powders, seeds, nuts, or other dry ingredients, put them in next. Afterwards, add frozen items or ice. Finally, pour in any juice, water, or other liquids as desired.

Remember to securely tighten the Pro Extractor Blades™ and do not overfill the cups. Once the Pro Extractor Blades™ has been securely assembled to the cup, flip the cup over in order to attach to the base, as shown above.

# USE Pitcher with

**Auto IQ**  
**FROZEN DRINKS  
SMOOTHIES**

cocktails

smoothies

frozen  
desserts

milkshakes

**Auto IQ**  
**PUREE**

sauces

dips

soups



# USE Nutri Ninja® Cup with

**NUTRI NINJA**  
**ULTRA BLEND**

green  
super juices

frozen  
desserts

protein  
shakes

**NUTRI NINJA**  
**BLEND**

fresh  
nutrient  
juices

**Auto IQ**  
**PUREE**

sauces

dips

soups





# programs & speed settings

## programs and speed settings for pitcher

Function	Container	Blade Type	Speed or Program	Type of Food
Chopping	Blender Pitcher	Stacked Blade	Auto-iQ™ Pulse	Salsa, Vegetables, Nuts, Chocolate
Smoothies, Frozen Drinks	Blender Pitcher	Stacked Blade	Auto-iQ™ Frozen Drinks & Smoothies	Frozen Cocktails, Smoothies, Frozen Desserts, Milkshakes, Ice
Pureeing	Blender Pitcher	Stacked Blade	Auto-iQ™ Puree	Soups, Sauces, Dips

## programs and speed settings for Nutri Ninja®

Function	Container	Blade Type	Speed or Program	Type of Food
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ™ Blend	Fresh Nutrient Juices, Smoothies, Milkshakes
Nutrient & Vitamin Extraction	Nutri Ninja® Cup	Pro Extractor Blades™	Nutri Ninja® Auto-iQ™ Ultra Blend	Green Nutrient Juices, Frozen Desserts, Protein Shakes
Grating	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ™ Puree	Grated Cheese, Bread Crumbs, Spices
Chopping	Nutri Ninja® Cup	Pro Extractor Blades™	Auto-iQ™ Pulse	Salsa, Vegetables, Nuts





PREP TIME 5 minutes SERVING 1



## antioxidant refresher



You won't taste the cabbage in this refreshing antioxidant-rich smoothie!

### ingredients

- ¼ cup red cabbage, chopped
- 1 celery stalk, halved
- ½ granny smith apple, unpeeled, uncored, halved
- ¾ cup blueberries
- ½ cup watermelon, 1-inch chunks
- ¾ cup ice

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with red cabbage.
2. Turn unit ON and select the "Nutri Ninja® Auto-iQ™ ULTRA BLEND" program.



PREP TIME 5 minutes SERVING 1



## lean green ninja



This tropical fruit smoothie packs a vitamin K punch!

### ingredients

- ½ cup fresh pineapple, 1-inch chunks
- ½ cup fresh mango, 1-inch chunks
- ½ ripe banana, peeled
- ¼ cup baby spinach, packed
- ¼ cup kale leaves, packed
- ½ cup water
- 1 cup ice

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with pineapple.
2. Turn unit ON and select the "Nutri Ninja® Auto-iQ™ BLEND" program.



PREP TIME 5 minutes SERVINGS 2



## ginger greens

Consider two of the ultimate “detox” foods, kale and cilantro combined to cleanse your system! The avocado lends a rich, creamy consistency and a healthful dose of “good” monounsaturated fat.

### ingredients

- 1 cup baby kale
- ¼ cup cilantro
- ¼ avocado
- 1 date, pitted
- 2 small kiwis, peeled and quartered
- 1 teaspoon lime juice
- 1 teaspoon ginger root, peeled
- ½ cup coconut water
- ½ cup ice

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with baby kale.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ BLEND” program.



PREP TIME 5 minutes SERVING 1



## powerball smoothie

Start your day off right with this power booster.

### ingredients

- ½ ripe banana
- 1½ cups unsweetened coconut milk
- 1 teaspoon unsweetened cocoa powder
- 1½ cups frozen blueberries

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.





PREP TIME: 5 minutes

SERVINGS 2



## strawberry banana



This refreshingly sweet yet healthy smoothie is juiced-up with potassium, vitamin C, and antioxidants.

### ingredients

- 1 banana, peeled and halved
- 1 cup low-fat milk
- 2 tablespoons agave
- 1 cup frozen strawberries

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.



PREP TIME 5 minutes

SERVINGS 2



## watermelon raspberry cleanser



Sweet & thirst-quenching!

### ingredients

- 1½ cups watermelon, 1-inch chunks
- ½ cup raspberries
- ¼ cup water
- ½ cup ice

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with watermelon.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” program.



PREP TIME 5 minutes SERVING 1



## cherry-lime rickeyade



This refreshing home-made sports drink will remind you of a childhood favorite!

### ingredients

- 1½ tablespoons lime juice
- 12-ounces coconut water
- ¾ cup frozen cherries

### directions

1. Place all of the ingredients into the Regular 24-ounces Nutri Ninja® Cup in the order listed above, starting with lime juice.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ BLEND” program.
3. Pour mixture through a fine mesh strainer to extract the flavored water.



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

## buckwheat pancakes



Enjoy the texture and wholesome flavor of simple buckwheat pancakes.

### ingredients

- 1 cup buttermilk
- 1 egg, beaten
- 3 tablespoons canola oil
- 2 tablespoons honey
- ½ cup buckwheat flour
- ½ cup all-purpose flour
- 1¼ teaspoons baking soda
- ½ tablespoon sugar
- ½ teaspoon salt

### directions

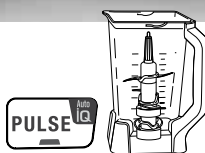
1. Place the buttermilk, egg, oil, and honey into the Pitcher.
2. Turn unit ON, select “LOW” and blend for 30 seconds.
3. Add buckwheat flour, all-purpose flour, baking soda, sugar, and salt to the Pitcher and select “LOW”, blend additional 30 seconds.
4. Allow the batter to set for 2 hours or refrigerate overnight.
5. On a lightly oiled griddle over medium heat, cook batter in desired-sized pancakes until small bubbles form and edges dry. Flip and cook until panake center is puffed and springs back when gently pressed.





PREP TIME 5 minutes SERVINGS 8

## chicken+apple sausage



These homemade breakfast sausages are so healthy and delicious, you won't believe it!

### ingredients

- 1 tablespoon olive oil, plus additional oil for cooking sausages
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 1 pound boneless skinless chicken thighs, 2-inch chunks
- ½ cup fresh sage leaves
- ¾ teaspoon fresh ground pepper
- ¾ teaspoon kosher salt
- pinch of cinnamon

### directions

1. Place the onion, apples and sage to the Pitcher. Turn unit ON then hold down "Auto-iQ™ PULSE" until finely chopped.
2. Heat the olive oil in a medium skillet. Add the onion and apples, sautéing several minutes, until soft. Remove from heat and place in a large bowl.
3. To the same Pitcher, place the chicken thighs then hold down "Auto-iQ™ PULSE" until finely ground. Add the ground chicken to the bowl with the onion and apple mix. Add the cinnamon and season with salt and pepper. Mix well, using your hands.
4. Preheat oven to 350°F. Form mixture into 8 patties and bake on a parchment lined cookie sheet for about 10-12 minutes, or until fully cooked.



PREP TIME 5 minutes COOK TIME 3 minutes SERVINGS 4

## tomato basil scrambler



This simple and delicious breakfast is quick enough for any day of the week!

### ingredients

- 8 whole eggs
- ½ cup vine ripe tomatoes
- ½ cup mozzarella cheese
- ½ cup fresh basil, loosely packed
- pinch of salt
- pinch of black pepper
- cooking spray

### directions

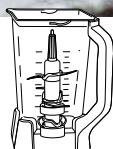
1. Place the eggs, tomato, mozzarella, basil, salt, and black pepper into the Regular 24-ounce Nutri Ninja® Cup. Turn unit ON then hold down "Auto-iQ™ PULSE" until all ingredients are roughly chopped.
2. In a non-stick sauté pan sprayed with cooking spray, add the egg mixture, then cook, over medium-high heat, stirring frequently until fluffy and cooked through.





PREP TIME 5 minutes SERVINGS 8

## gazpacho



Gazpacho, a refreshing summertime soup, is packed full of flavor and nutrition!

### ingredients

- 1 small red onion, peeled and quartered
- 2 english cucumbers, halved and quartered
- 1 yellow pepper, quartered, seeded
- 1 red pepper, quartered, seeded
- 3 pounds fresh tomatoes, quartered, seeded
- 3 ½ teaspoons kosher salt
- 4 tablespoons red wine vinegar
- 48 ounces tomato juice
- 1 teaspoon garlic, minced

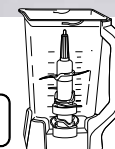
### directions

1. Working in batches, add the red onion, cucumber, peppers & fresh tomatoes to the Pitcher.
2. Turn unit ON then hold down "Auto-iQ PULSE" until ingredients are finely chopped.  
Place each batch into a large mixing bowl.
3. Add minced garlic, red wine vinegar, salt and tomato juice and mix well.
4. Chill for at least 3 hours.
5. Taste for seasonings before serving.



PREP TIME 10 minutes SERVINGS 4

## butternut squash soup



This dairy-free soup gets its creaminess from the cashews and is loaded with flavor!

### ingredients

- 3 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 cup raw cashews
- 1 large apple, peeled, cored, chopped
- 1 large carrot, peeled, chopped
- 2 pounds butternut squash, cubed
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- 4 cups vegetable stock, plus more to thin if desired
- ½ teaspoon kosher salt, plus more to taste
- black pepper, to taste

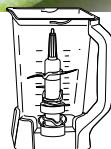
### directions

1. Heat oil in a large saucepan and add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring for about 5 minutes.
2. Add the carrot, apple, squash, thyme, and bay leaf to the pot and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and reduce the heat to med-low, allowing to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
3. Allow the soup to cool to room temperature. Working in batches, ladle the soup into the Pitcher. Secure the lid and place the Pitcher onto the base. Turn unit ON and select "Auto-iQ™ PUREE". Heat soup to desired temperature before serving.



PREP TIME 5 minutes SERVING 1

## chopped salad



You won't believe how fast this salad comes together; great for an on-the-go lunch or a quick dinner.

### ingredients

- 1 cup romaine lettuce, large chunks
- 4 ounces chicken breast, precooked
- ½ cup cherry tomatoes
- ¼ cup kalamata olives
- ¼ cup feta cheese

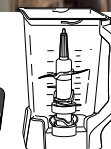
### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with romaine lettuce.
2. Turn unit ON then hold down "Auto-iQ™ PULSE" for 3 pulses or until desired chop is achieved. Top with your favorite dressing and enjoy!



PREP TIME 15 minutes COOK TIME 5-7 minutes SERVINGS 4

## cauliflower couscous



This gluten-free alternative is sure to be a crowd pleaser!

### ingredients

- 3 cups cauliflower, 2-inch florets
- 1 tablespoon rosemary, stems removed, chopped
- 1 garlic clove, minced
- ½ lemon, juiced
- ¼ cup extra virgin olive oil
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ cup sliced almonds
- ¼ cup green onion, sliced

### directions

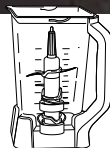
1. Preheat oven to 400°F. Place the cauliflower into the Pitcher. Turn unit ON then hold down "Auto-iQ™ PULSE" until finely chopped.
2. Place the chopped cauliflower in a single lay on a cookie sheet and roast 5-7 minutes until some color is achieved and cauliflower is cooked. Set aside.
3. Place the rosemary, garlic, lemon, oil, salt, and pepper in a medium mixing bowl and whisk to combine.
4. Add the cauliflower to the bowl along the almonds and green onion. Toss to combine. Serve immediately.





**PREP TIME** 15 minutes **COOK TIME** 20-25 minutes **SERVINGS** 15 meatballs

## turkey meatballs



Serve these bite-sized treats to your friends as an appetizer or to your family as a quick and delicious meal.

### ingredients

- 1 lb. dark turkey meat, 1-inch cubes and well-chilled
- ½ onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- ¼ cup Italian parsley leaves, chopped
- ½ cup parmesan cheese, grated
- ¼ cup tablespoons bread crumbs
- 2 tablespoons tomato paste
- 2 eggs, beaten
- salt and pepper to taste
- cooking spray
- 4 cups marinara sauce

### directions

1. Add the turkey to the Pitcher. Turn unit ON then hold down “Auto-iQ™ PULSE” until turkey is finely chopped. Do not overprocess.
2. Transfer the turkey to a bowl and add onion, garlic, parsley, cheese, bread crumbs, tomato paste, egg, salt and pepper, mixing to combine. Form mixture into mini meatballs.
3. Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.



**PREP TIME** 25 minutes **COOK TIME** 20 minutes **SERVINGS** 2

## fettuccine with kale & sunflower pesto



A new twist on an old favorite! A great way to use up those extra greens—spinach works well too!

### ingredients

- ½ medium bunch kale, stems removed
- ¼ cup fresh basil leaves, packed
- 1 large garlic clove
- ¼ cup unsalted roasted sunflower seeds
- 2 tablespoons parmesan cheese
- zest + juice of ½ lemon
- sea salt to taste
- freshly ground pepper
- ¼ cup olive oil + more as needed

### directions

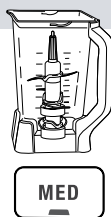
1. Bring 4 quarts of salted water to a boil. Blanch the kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze the kale leaves dry and set aside.
2. Add the kale, basil, garlic, sunflower seeds, parmesan, lemon juice/zest, olive oil and a pinch of salt and pepper to the Pitcher.
3. Turn unit ON, select “MEDIUM” and blend until desired consistency is achieved. To serve atop your favorite pasta.





PREP TIME 15 minutes COOK TIME 8 minutes SERVINGS 4

## macadamia & parmesan-crusted tilapia



A rich, flavorful entrée, this tilapia recipe will have your family hooked!

### ingredients

- ¾ cup macadamia nuts
- ¼ cup cubed Parmesan cheese
- ¼ cup panko bread crumbs
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 4 teaspoons Dijon mustard
- 4 6-ounce tilapia fillets

### directions

1. Preheat oven to 350°F. Place the macadamia nuts and Parmesan into the Pitcher. Turn unit ON and select "MEDIUM". Blend until desired chop.
2. Transfer chopped nuts to a mixing bowl, then add the bread crumbs, salt, and black pepper, stirring to combine.
3. Spoon 1 teaspoon on each tilapia fillet with the mustard. Spread the crust mixture evenly on top. Lightly coat a baking pan with cooking spray and arrange fish on pan. Bake for 20 minutes or until fish is cooked through.



PREP TIME 5 minutes SERVINGS 3

## blueberry honey mojito



Blueberries are not only popular, but also have high antioxidant capacities.

### ingredients

- 2½ cups fresh blueberries
- 1 cup English cucumber
- 2 tablespoons mint, stems removed
- 1 cup light rum
- 2 tablespoons honey
- ¾ cup pear juice
- 3 cups ice

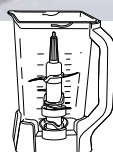
### directions

1. Place all of the ingredients into the Pitcher in the ordered listed above, starting with blueberries.
2. Turn unit ON and select the "Auto-iQ™ FROZEN DRINKS/SMOOTHIES" program.



**PREP TIME** 5 minutes **SERVINGS** 4

## classic margarita



This summertime party favorite is fool proof!

### ingredients

- 1 lime, peeled, cut in half
- 1 lemon, peeled, cut in quarters
- ½ cup orange juice
- ¼ cup Triple sec
- ¾ cup Tequila
- 4 cups ice

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with lime.
2. Turn unit ON and select the "Auto-iQ™ FROZEN DRINKS/SMOOTHIES" program

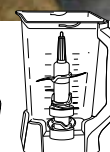


#### tip:

For a chunky salsa consistency, use 3-4 pulses!

**PREP TIME** 5 minutes **SERVINGS** 32-ounces

## best blender salsa



You can depend on the flavor of this salsa every time! Canned tomatoes create consistency and rich flavor.

### ingredients

- 2 10-ounce cans tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle chile pepper, with
- 2 tablespoons adobo sauce
- 1 bunch cilantro, stems trimmed
- 1 lime, peeled and quartered
- salt and pepper to taste

### directions

1. Place all of the ingredients into the Pitcher in the order listed above, starting with tomatoes.
2. Turn unit ON and hold down "Auto-iQ™ PULSE" until desired consistency is achieved. Cover and refrigerate for at least 1 hour before serving.





**PREP TIME** 5 minutes **SERVINGS** 2½ cups

## classic hummus



Adding roasted red peppers, olives, or roasted garlic will give this recipe your own personal twist. Enjoy with homemade pita chips or fresh vegetable crudité for an entertaining favorite!

### ingredients

- 2 cups cooked, drained garbanzo beans (liquid reserved)
- ¼ cup + 2 tablespoons garbanzo bean liquid
- ¼ cup lemon juice
- ¼ cup tablespoons olive oil
- 1 garlic clove, peeled
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon kosher salt

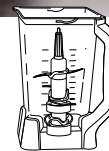
### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with garbanzo beans.
2. Turn unit ON then select "Auto-iQ™ PUREE".



**PREP TIME** 10 minutes **COOK TIME** 20 minutes **SERVINGS** 4 cups

## spinach & artichoke dip



Teaming with vitamin K and vitamin A, this nutritious appetizer has an incredibly robust flavor.

### ingredients

- ¼ cup mayonnaise
- ¼ cup sour cream
- 8-ounces cream cheese
- 2 tablespoons lemon juice
- 1 14-ounce can artichoke hearts, drained & chopped
- ½ cup low-fat mozzarella cheese, shredded
- ¼ cup parmesan cheese, cut into pieces or grated
- 2 tablespoons chopped onion
- 1 cup frozen spinach, thawed, excess liquid removed

### directions

1. Preheat the oven to 350° F. Place all of the ingredients into the Pitcher in the order listed above except the spinach.
2. Hold down "Auto-iQ™ PULSE" until ingredients are combined
3. Add the chopped spinach and hold down "Auto-iQ™ PULSE" until incorporated. Spoon the dip into a heat-resistant serving dish and bake for 20 minutes.
4. Serve with sliced French bread. Season with salt and pepper.





PREP TIME 5 minutes SERVINGS 4

## chocolate banana mousse



Avocado and banana makes a super smooth mousse in this quick and easy recipe. The orange provides a tangy flavor.

### ingredients

- 2 bananas, ripe, peeled, quartered
- 2 avocados, ripe, peeled, pitted, quartered
- ¼ cup chocolate sauce
- juice of half an orange
- 2 tablespoons cocoa powder

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with banana.
2. Turn unit ON and select "Auto-iQ™ PUREE".
3. Place mousse into an airtight container and refrigerate until chilled.



PREP TIME 20 minutes COOK TIME 30 minutes SERVINGS 12

## peach muffins



As soon as you try these healthy and delicious muffins, they will instantly become your favorite!

### ingredients

- 1¼ cups sliced peaches
- 1 teaspoon lemon juice
- ¼ cup vegetable oil
- ½ cup low-fat milk
- ¼ cup nonfat yogurt
- 2 teaspoons vanilla extract
- 1 large egg
- ¾ cup sugar
- 1¼ cups all-purpose flour
- 2 teaspoons baking powder
- ¼ cup ground flaxseeds
- ½ teaspoon kosher salt

### directions

1. Preheat oven to 350°F. Lightly coat a 12-cup nonstick muffin pan with cooking spray. Place the peaches into the Pitcher. Turn unit ON then hold down "Auto-iQ™ PULSE" until finely chopped. Remove peaches and set aside.
2. Place the lemon juice, oil, milk, yogurt, vanilla, and egg into the Pitcher. Turn unit ON and select "MEDIUM". Blend until smooth.
3. Add the sugar, flour, baking powder, flaxseeds, salt and chopped peaches and select "MEDIUM". Blend until smooth, scraping bowl as needed.
4. Scoop the mixture into the prepared muffin pan, filling three-quarters full.
5. Bake for 30 minutes or until a wooden pick inserted into the center comes out clean. Cool before serving.



**PREP TIME** 5 minutes **SERVINGS** 4

## vanilla nut frozen treat



Prepare your own guilt-free frozen dessert! Plus, add some fresh berries for a natural, fruity taste.

### ingredients

- ½ cup vanilla oat milk
- ⅓ cup walnut halves
- ¼ teaspoon pure vanilla extract
- ¼ teaspoon natural sweetener
- ¾ cup non-fat vanilla greek yogurt
- 1½ cups ice

### directions

1. Place all of the ingredients into the Regular 24-ounce Nutri Ninja® Cup in the order listed above, starting with vanilla oat milk.
2. Turn unit ON and select the “Nutri Ninja® Auto-iQ™ ULTRA BLEND” Program

# FAQ

### The Motor Doesn't Start Or Attachment Doesn't Rotate.

- Make sure the container is securely placed on motor base.
- Ensure the lid is securely placed on the container in the correct position.
- The appliance is turned “Off”. Press the power button to turn “On”.
- Check that the plug is securely inserted into the electrical outlet.
- Check the fuse or circuit breaker.
- Check to make sure the unit is not overloaded.
- If the unit is overloaded, the appliance will stop and the power light will flash. Unplug and wait approximately 15 minutes before using again.
- If the unit has overheated, unplug and wait approximately 15 minutes before using again.

### Food is Unevenly Chopped?

Either you are chopping too much food at one time, or the pieces are uneven. Processing smaller amounts per batch is ideal.

### Food is Chopped Too Fine or Is Too Watery.

The food is over processed. Use Auto-iQ™ Pulse button for controlled processing.

### Food Collects On The Lid Or On the Sides Of The Container.

The mixture is too thick. Add more liquid.

### I have a blinking red light:

The unit is not installed properly. For your safety the unit will only be able to be turned on when it is properly assembled. Please refer to the assembly pages of this inspiration guide for assistance.



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