

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

NINJA®

BLENDER **1200**



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

1200
WATTS 1.6HP

25
RECIPES



Congratulations!

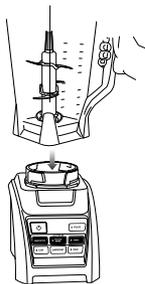
Welcome to the Ninja® Auto-iQ™ Experience. Ninja's Auto-iQ™ technology features intelligent programs that combine unique pulsing, blending, and pausing patterns that do the work for you. Get great results every time with no guesswork required. These programs are timed to deliver delicious results, so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

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Quick Assembly with Pitcher



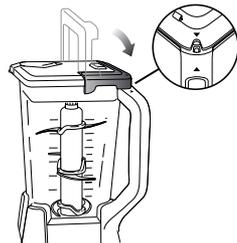
1

Place pitcher on base and turn clockwise to lock in place.



2

Holding the stacked blade assembly by the top of the shaft, insert it into the pitcher.



3

Align arrows on lid and handle, then lower handle to lock in place.

⚠ WARNING: Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto the pitcher before pouring. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

Cleaning Instructions:

Dishwasher: The containers, lids, Stacked Blade Assembly and attachments are all dishwasher safe. The lids and Stacked Blade Assembly are top rack dishwasher safe. Ensure the Stacked Blade Assembly is removed from the container before placing in the dishwasher.

Hand washing: Wash containers, lids, and Stacked Blade Assembly in warm, soapy water. When washing the Stacked Blade Assembly, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle the Stacked Blade Assembly with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

⚠ WARNING: Handle the Stacked Blade Assembly with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

programs & speed settings

programs and speed settings for pitcher

Function	Container	Blade Type	Speed or Program	Type of Food
Smoothies	Blender Pitcher	Stacked Blade Assembly	Auto-iQ™ Smoothie	Smoothies, Milkshakes, Protein Shakes, Ice
Frozen Drinks	Blender Pitcher	Stacked Blade Assembly	Auto-iQ™ Frozen Drink	Frozen Cocktails, Frozen Desserts, Ice
Pureeing	Blender Pitcher	Stacked Blade Assembly	Auto-iQ™ Puree	Soups, Sauces, Dips





PREP TIME 5 minutes **SERVINGS** 4

autumn balancer

ingredients

- 10 ounces steamed sweet potato, cooled
- 2 cups almond milk
- ¼ cup maple syrup
- ½ teaspoon ground turmeric
- 1 teaspoon salt
- 1 ½ cups ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS



PREP TIME 5 minutes **SERVINGS** 2

morning wake up smoothie

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ingredients

- 1 small ripe banana
- ½ cup mango chunks
- ¼ teaspoon ground cinnamon
- 1 scoop protein powder
- 1 cup vanilla almond milk
- ¼ cup fresh orange juice
- 1 cup ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.



PREP TIME 5 minutes **SERVINGS** 3-4

strawberry banana smoothie

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ingredients

- 1 cup coconut water
- ½ cup low-fat vanilla yogurt
- 2 cups fresh strawberries, stemmed
- 1 ripe banana, cut in half
- 1 cup ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.



PREP TIME 5 minutes SERVINGS 3-4

green paradise

.....

ingredients

- 1 cup packed spinach
- 1 cup pineapple chunks
- 1 cup frozen mango chunks
- 1 small ripe banana
- 1½ cups coconut water
- ½ cup ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.



PREP TIME 5 minutes SERVINGS 2

mocha banana shake

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ingredients

- 1 ripe banana
- ½ cup brewed coffee, chilled
- 3 tablespoons creamy almond butter
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon agave nectar
- 1 cup almond milk
- 1 cup ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.

DO NOT BLEND HOT INGREDIENTS



PREP TIME: 5 minutes SERVINGS 2-4

island sunrise smoothie

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ingredients

- 2 cups coconut water
- 1 cup pineapple chunks
- 1 cup frozen mango
- 1 cup frozen strawberries
- 1 ripe banana

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.



PREP TIME 5 minutes **SERVINGS** 2

pomegranate smoothie

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ingredients

- 1 cup low-fat yogurt
- 1 cup pomegranate juice
- 1 cup frozen blueberries
- 2 tablespoons honey
- ½ cup ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ SMOOTHIE.



PREP TIME 5 minutes SERVINGS 8

chicken+apple sausage

ingredients

- 1 tablespoon olive oil
- 1 small onion, peeled and quartered
- 2 apples, peeled, cored, quartered
- 1 pound boneless skinless chicken
- $\frac{1}{3}$ cup fresh sage leaves
- $\frac{3}{4}$ teaspoon fresh ground pepper
- $\frac{3}{4}$ teaspoon salt
- pinch of cinnamon

directions

1. Place the onion, apples and sage to the Pitcher. Turn unit ON then hold down "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, place in a large bowl, and let cool.
3. To the same Pitcher, place the chicken thighs then hold down "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.

DO NOT BLEND HOT INGREDIENTS



PREP TIME 2½ hours COOK TIME 5 minutes SERVINGS 4

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 for an additional 30 seconds.
4. Remove the lid from the pitcher and cover in plastic wrap. Allow the batter to set for 2 hours or refrigerate overnight.
5. On a lightly oiled griddle over medium heat, pour out a small amount of batter for each pancake, forming them in the size you prefer. Cook until small bubbles form and edges dry. Flip and cook until pancake center is puffed and springs back when gently pressed.



PREP TIME 15 minutes **COOK TIME** 8 minutes **SERVINGS** 4

macadamia & parmesan-crusted tilapia

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ingredients

- ¾ cup macadamia nuts
- ¼ cup cubed Parmesan cheese
- ¼ cup panko bread crumbs
- ¼ teaspoon 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.



PREP TIME 10 minutes SERVINGS 4

butternut squash soup

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 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 20 to 25 minutes, until the squash is easily pierced with a knife. 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.

DO NOT BLEND HOT INGREDIENTS



PREP TIME 5 minutes SERVINGS 8

gazpacho

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ingredients

- 1 small red onion, peeled and quartered
- 2 english cucumbers, halved and quartered
- 1 yellow pepper, seeded and quartered
- 1 red pepper, seeded and quartered
- 3 pounds fresh tomatoes, seeded and quartered
- 3 ½ teaspoons 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 “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.

Gluten-
FREE

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

cauliflower couscous

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 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 "PULSE" until finely chopped.
2. Place the chopped cauliflower in a single layer 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 5 minutes SERVING 1

chopped salad

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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.
2. Turn unit ON then hold down “PULSE” for 3 pulses or until desired chop is achieved.
Enjoy with your favorite salad dressing.

DO NOT BLEND HOT INGREDIENTS



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

fettuccine with kale & sunflower pesto

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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 and juice of ½ lemon
- sea salt to taste
- freshly ground pepper
- ¼ cup olive oil plus 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.

DO NOT BLEND HOT INGREDIENTS



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

turkey meatballs

ingredients

- 1 lb. dark turkey meat, chilled and cut into 1-inch cubes.
- ½ onion, peeled, chopped
- 4 garlic cloves, peeled and minced
- ¼ cup Italian parsley leaves, chopped
- ½ cup parmesan cheese, grated
- ¼ cup 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 “PULSE” until turkey is finely chopped. Do not over-process.
- 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 5 minutes **SERVINGS** 3-4

pear and ginger saké martini

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ingredients

- 1 frozen pear, peeled, cored, and quartered
- ½ teaspoon grated fresh ginger
- 2 cups pear juice
- ½ cup saké
- 1 tablespoon agave
- 1 cup ice
- Crystallized ginger pieces, slit part way through (optional, for garnish)

directions

1. Place all the ingredients into the Pitcher in the order listed above, except for the crystallized ginger pieces.
2. Select Auto-iQ™ FROZEN DRINK.



PREP TIME 5 minutes **SERVINGS** 3-4

classic margarita

ingredients

- ½ cup fresh lime juice
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- 4 ounces orange liqueur
- 4 ounces tequila
- 1 tablespoon sugar or agave nectar (optional)
- 2 cups ice

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ FROZEN DRINK.



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

spinach & artichoke dip

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 “PULSE” until ingredients are combined.
3. Add the chopped spinach and hold down “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.

DO NOT BLEND HOT INGREDIENTS



PREP TIME 5 minutes **SERVINGS** 2-4

creamy herb dip

ingredients

- 1 cup low-fat sour cream
- ½ cup plain Greek yogurt
- 1 tablespoon fresh dill
- 2 tablespoons chopped parsley
- 1 scallion, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon milk

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Select Auto-iQ™ PUREE.
3. Remove the dip and place in a small serving bowl.

**tip:**

For a chunky salsa consistency, use 3-4 pulses

PREP TIME 5 minutes **SERVINGS** 32 ounces

best blender salsa

ingredients

- 2 10-ounce cans tomatoes
- 1 white onion, peeled and quartered
- 1 jalapeño pepper, seeded
- 1 canned chipotle chile pepper
- 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 “PULSE” until desired consistency is achieved.
Cover and refrigerate for at least 1 hour before serving.



PREP TIME 5 minutes SERVINGS 4

coconut pineapple sorbet

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ingredients

- 1 cup frozen pineapple
- 1 frozen banana
- 1 tablespoon fresh lime juice
- ½ cup light coconut milk
- 1 tablespoon agave
- 1 teaspoon fresh ginger, chopped

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until reaching a smooth consistency.



PREP TIME 20 minutes **COOK TIME** 30 minutes **SERVINGS** 12

frozen strawberry peach treat

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ingredients

- 1½ cups frozen strawberries
- ½ cup frozen peaches
- ½ cup whole milk
- ¼ cup low-fat vanilla yogurt
- 2 tablespoons agave
- 1 teaspoon vanilla extract

directions

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until the ingredients thicken.
3. Garnish with your favorite fruit toppings.



PREP TIME 5 minutes SERVINGS 4

chocolate banana mousse

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ingredients

- 2 ripe bananas, 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 Pitcher in the order listed above, starting with banana.
2. Turn unit ON and select "Auto-iQ™ PUREE".
3. Remove blades from cup after blending.
4. Place mousse into an airtight container and refrigerate until chilled.



PREP TIME 20 minutes **COOK TIME** 30 minutes **SERVINGS** 12

peach muffins

ingredients

- 1 $\frac{1}{4}$ cups sliced peaches
- 1 teaspoon lemon juice
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup low-fat milk
- $\frac{1}{4}$ cup nonfat yogurt
- 2 teaspoons vanilla extract
- 1 large egg
- $\frac{3}{4}$ cup sugar
- 1 $\frac{1}{4}$ cups all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ cup ground flaxseeds
- $\frac{1}{2}$ teaspoon 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 "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 toothpick inserted into the center comes out clean. Cool before serving.



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