

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



FULL SPEED AHEAD

35 quick & easy recipes

NINJA~~CH~~**EF™**

YOUR CULINARY DREAM COME TRUE

The Ninja Chef™ is designed especially for you, kitchen experimenter. Thanks to an intuitive smart dial that easily switches between manual control and pre-set programs, it's ready and able to handle anything you throw at it. Whether that's a tried and true go-to recipe or a totally new creation is up to you.



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AUTO-iQ® MODE

In Auto-iQ mode, your blender does all the thinking for you. Simply select from a wide range of unique pre-set programs—from flour milling to ice cream to salad dressing—and let Auto-iQ's unique pulsing and pausing patterns handle the rest.



FLOUR/MILL



FROZEN DRINK



EXTRACT



SMOOTHIE



SOUP*

*Blend soup in the Pitcher from hot ingredients.



ICE CREAM



PUREE



DIP/SALSA



DRESSING



NUT BUTTER



MANUAL MODE

In Manual mode, creative control is in your hands. Simply turn the dial to take advantage of a wide spectrum of motor speeds to cover all the bases in texture—from non-dairy milks to thick mousses and ice creams. Craft and customize to your standard whenever inspiration strikes.



**PISTACHIO
ICE CREAM**



**WHIPPED
CREAM**



**FROZEN
COCKTAIL**



**LEMON POPPYSEED
MUFFINS**



**HOLLANDAISE
SAUCE**



BLOODY MARY



FRITATTA



FROSTING



ALMOND MILK



AQUA FRESCA

SOME THINGS AREN'T TAMPER-PROOF

Depending on the recipe, you may need a little extra help getting ingredients down to the blades of your Pitcher. Some specific moments that might call for using your tamper include but are not limited to: large-batch recipes, highly frozen ice cream recipes, nut butter recipes, and purees with little to no added liquid (think hummus or bean dip).





DON'T HAVE A TAMPER TANTRUM

Using the tamper tool is easy. While your machine is running, remove the lid cap and insert the tamper through the opening. Then, angle the tamper into each of the 4 corners of the Pitcher, pushing ingredients toward the blades. For best results, fill ingredients above the 24-ounce measure line.



DRESS UP ANY DISH

Dressing can make or break a dish—easily make it from scratch using this general guide for dependably delicious results.



1

Add ½ cup vinegar or acidic juice to Pitcher.

Balsamic vinegar
Red wine vinegar
Rice vinegar
Champagne vinegar
Lemon juice

2

Add 1 tsp. flavor enhancer.

Dijon mustard
Sugar
Honey
Shallot
Garlic
Hot sauce
Ginger

3

Add a pinch of spice.

Cilantro
Basil
Parsley
Tarragon
Cumin
Thyme
Chili powder

4

**Select Auto-iQ® DRESSING.
Add 1 ½ cups oil through the
drizzle hole while program runs.**

Grapeseed oil
Olive oil
Canola oil
Peanut oil
Sesame oil



SOUP FOR YOU

So long, boring canned soup. Hello, delicious soup created exactly to your taste. Great as a snack, side, or ultra-simple meal, soup made from scratch has never been easier. Take these steps as a guide, and have fun experimenting with all that flavor.

1

Melt 2 tablespoons fat in a soup pot.

Butter
Olive oil
Coconut oil

2

Add aromatics. Sauté until soft.

Small onion
Bay leaf
(remove after cooking)
1 tbsp. garlic, ginger,
shallot, or thyme

3

Add 4 cups peeled and chopped veggies to pot.

Butternut squash
Broccoli
Cauliflower
Tomatoes
Peas
Carrots

4

Add 3 cups liquid (enough to cover ingredients). Bring to boil. Cover and simmer until cooked.

Water
Vegetable stock
Chicken stock
Tomato puree

5

Transfer to Pitcher*. Select Auto-iQ® SOUP. Garnish.

Fresh herbs
Lemon zest
Chives
Grated cheese
Croutons

MAKE IT CREAMY.

For a rich, creamy soup, add ½ cup cream, milk, or coconut milk to Pitcher before processing.



*Only blend hot ingredients in the Pitcher. Do not fill past the MAX HOT LIQUID line.



GO NUTS (OR SEEDS)

Want to take your PB&J well beyond PB? Been meaning to give your snack time a makeover? Why not try your hand at some homemade nut (or seed) butter? It's simple, versatile, and oh-so-satisfying.



1

Add 3 cups nuts or seeds to Pitcher.

Almonds
Peanuts
Pecans
Cashews
Sunflower seeds
Macadamia nuts

2

Add 2 tablespoons canola or coconut oil and ½ teaspoon kosher salt.

3

**Select Auto-iQ®
NUT BUTTER.**

Use tamper if needed.
(See instructions on page 6).

SPICE IT UP!

For a fun twist, add 1 teaspoon cinnamon, nutmeg, cocoa powder, vanilla, or honey during Step 2.





FLOUR POWER

Milling your own flour has never been easier—thanks to the Ninja Chef™, it's as simple as selecting a pre-set program. In just a few seconds, you'll have deliciously fresh flour that tastes great and is packed with the fiber, vitamins, and minerals processed flours leave behind.

1

**Choose 2 cups grain
for about 3 ½ cups flour.**

Buckwheat
Wheat berries
Oats
Brown rice
White rice
Kamut

2

**Choose Auto-iQ[®]
FLOUR/MILL.**

Allow flour to cool before using.

**Using almonds, cashews,
or coconut flakes?**

Pulse ingredients on SPEED 1
until flour is yielded.
Sift after processing.

IF YOU DON'T USE IT, YOU'LL LOSE IT.

Only mill as much flour as you plan to use for any given recipe.
Freshly made flour does not keep long (unmilled whole grain kernels,
however, will keep at room temperature indefinitely).



SMOOTHIES



WATERMELON QUENCH

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

- 2 1/2 cups watermelon chunks
- 2 cups pomegranate juice
- 1 cup frozen peach slices

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to SMOOTHIE, then press START/STOP to begin.

APPLE PIE SMOOTHIE

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 8 SERVINGS

INGREDIENTS

- 4 large Golden Delicious apples, cored, chopped
- 4 cups unsweetened almond milk
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 4 cups ice

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to SMOOTHIE, then press START/STOP to begin.





STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

4 small ripe bananas, cut in half
2 cups low-fat milk
1/4 cup agave nectar
4 cups frozen strawberries

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to SMOOTHIE, then press START/STOP to begin.

TROPICAL CHILL

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

- 1 ripe banana
- 1/2 cup pineapple chunks
- 1/2 cup honeydew melon chunks
- 1/4 lime, peeled, cut in half, seeds removed
- 3/4 cup coconut water
- 1 1/2 cups ice

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to SMOOTHIE, then press START/STOP to begin.

GREEN APPLE EXTRACT

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

- 1 1/2 cups coconut water
- 3/4 cup fresh orange juice
- Juice of 1/2 lemon
- 1 1/2 cups curly kale, woody ribs removed
- 1 small green apple, cored, cut in 1-inch pieces
- 2 small ripe bananas, cut in half
- 1-inch piece fresh ginger, peeled, cut in quarters
- 2 cups ice

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to EXTRACT, then press START/STOP to begin.

INGREDIENT SUGGESTION

Feel free to substitute other leafy greens such as lacinato kale or spinach for the curly kale.

ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

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

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to SMOOTHIE, then press START/STOP to begin.



COCKTAILS



FRESH CITRUS MARGARITA

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 lime, peeled, cut in half, seeds removed
- 1 lemon, peeled, cut in quarters, seeds removed
- 1/3 cup orange juice
- 1/4 cup triple sec
- 2/3 cup tequila
- 4 cups ice

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to FROZEN DRINK, then press START/STOP to begin.

PEAR GINGER SAKE MARTINI

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

2 frozen pears, peeled, cored, cut in quarters

1/2 teaspoon grated fresh ginger

2 cups pear juice

3/4 cup sake

1 tablespoon agave nectar

2 cups ice

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to FROZEN DRINK, then press START/STOP to begin.





WATERMELON BASIL SANGRIA

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

3 cups watermelon chunks
1/4 cup fresh basil, stems removed
2 limes, peeled, cut in half, seeds removed
1/2 cup brandy
1 cup dry white wine
3 tablespoons agave nectar
1 cup frozen peach slices
2 1/4 cups ice

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to FROZEN DRINK, then press START/STOP to begin.

LEM-MOSA

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

3 lemons, peeled, cut in half, seeds removed
4 fresh mint leaves
1 ³/₄ cups dry white wine
2 tablespoons agave nectar
3 ¹/₂ cups ice

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to FROZEN DRINK, then press START/STOP to begin.





STRAWBERRY DAIQUIRI

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 5 SERVINGS

INGREDIENTS

4 cups frozen strawberries
1 cup lime juice
1 cup light rum

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to FROZEN DRINK, then press START/STOP to begin.

TROPICAL COOLER

PREP: 15 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** PITCHER | **MAKES:** 8 SERVINGS

INGREDIENTS

1 cup pineapple chunks
1/2 jalapeño pepper, seeds removed
1/2-inch piece fresh ginger, peeled
1/3 English cucumber, peeled, cut in quarters
Juice of 1 1/2 limes
1 1/2 cups coconut water
1/2 cup silver tequila
3 tablespoons agave nectar
1/4 teaspoon ground coriander
3 1/2 cups frozen mango chunks
1 1/2 cups ice
Cucumber slices, for garnish

DIRECTIONS

- 1** Place all ingredients, except cucumber slices, into the Pitcher in the order listed.
- 2** Turn dial to FROZEN DRINK, then press START/STOP to begin.
- 3** Pour into glasses and garnish each with cucumber slices.



DIPS & SPREADS



HUMMUS

PREP: 15 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 1/2 CUPS

INGREDIENTS

- 2 cups cooked, drained garbanzo beans (liquid reserved)
- 1/4 cup plus 2 tablespoons garbanzo bean liquid
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 clove garlic, peeled
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to PUREE, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.

For detailed instructions on using the tamper, refer to page 6.

CHIPOTLE SALSA

PREP: 15 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** PITCHER | **MAKES:** 4 CUPS

INGREDIENTS

2 cans (10 ounces each) whole peeled tomatoes
1 small white onion, peeled, cut in quarters
1 jalapeño pepper, cut in half, seeds removed
1 canned chipotle pepper in adobo sauce
2 tablespoons adobo sauce
1 bunch cilantro, stems removed
1 lime, peeled, cut in quarters
Salt and pepper, to taste

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to DIP/SALSA, then press START/STOP to begin until desired texture is reached.
- 3** Cover and refrigerate at least 1 hour before serving.





SIMPLE SPINACH ARTICHOKE DIP

PREP: 10 MINUTES | **COOK:** 20 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 CUPS

INGREDIENTS

- 1 can (14 ounces) artichokes, drained, liquid reserved
- 1/2 cup (4 ounces) light sour cream
- 1 package (10 ounces) frozen spinach, thawed, drained
- 1/2 package (4 ounces) cream cheese, cut in quarters
- 2 cloves garlic, peeled
- 1 tablespoon lemon juice
- 1/2 cup (2 ounces) grated Parmesan cheese

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Place all ingredients into the Pitcher in the order listed.
- 3 Turn dial to DIP/SALSA, then press START/STOP to begin. Add reserved artichoke liquid as needed.
- 4 Spoon the dip into a heat-resistant serving dish and bake for 20 minutes. Serve warm.

WALNUT RED PEPPER DIP

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 CUPS

INGREDIENTS

1 jar (14 ounces) roasted red peppers
1/2 cup pita, torn in 1-inch pieces
2 cups walnuts, toasted
1/4 cup lemon juice
1/4 cup tomato paste
2 teaspoons ground cumin
1/2 teaspoon crushed red pepper
1/2 cup olive oil
Kosher salt and pepper, to taste

DIRECTIONS

- 1** Drain peppers and reserve liquid in a small bowl. Place pieces of pita into the bowl of liquid to soften, about 3 minutes.
- 2** Place softened pita and remaining ingredients into the Pitcher.
- 3** Turn dial to PUREE, then press START/STOP to begin.



CASHEW BUTTER

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 CUPS

INGREDIENTS

3 cups unsalted roasted cashews
2 tablespoons canola oil

DIRECTIONS

- 1** Place cashews and oil into the Pitcher.
- 2** Turn dial to NUT BUTTER, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3** Store in an airtight container in the refrigerator.

For detailed instructions on using the tamper, refer to page 6.

INGREDIENT SUGGESTION

Spices are an easy way to add flavor to nut butters, so feel free to add spices you enjoy or try new ones for a change.

CHAI PEANUT BUTTER

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 CUPS

INGREDIENTS

3 cups roasted peanuts
1 tablespoon maple syrup
1 tablespoon ground cinnamon
1/2 teaspoon ground cardamom
1/4 teaspoon ground ginger
1/4 teaspoon ground cloves
3/4 teaspoon kosher salt
2 tablespoons vegetable oil

DIRECTIONS

- 1** Place roasted peanuts, maple syrup, cinnamon, cardamom, ginger, cloves, salt, and oil into the Pitcher.
- 2** Turn dial to NUT BUTTER, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3** Store in an airtight container in the refrigerator.

For detailed instructions on using the tamper, refer to page 6.

SAUCES & DRESSINGS

BALSAMIC VINAIGRETTE

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 CUPS

INGREDIENTS

- 1/2 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 cloves garlic, peeled
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 1/2 cups olive oil

DIRECTIONS

- 1 Place all ingredients, except olive oil, into the Pitcher in the order listed.
- 2 Turn dial to DRESSING, then press START/STOP to begin. While program is running, remove the lid cap and slowly drizzle in olive oil.
- 3 Store dressing in an airtight jar in the refrigerator up to 2 weeks.

RECIPE SUGGESTION

Add fresh herbs and spices to jazz up this dressing.

PINEAPPLE CILANTRO DIPPING SAUCE

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 2 1/2 CUPS

INGREDIENTS

3 cups pineapple chunks
1 1/2 small serrano chiles, seeds removed
1 small white onion, peeled, cut in quarters
1/2 cup fresh cilantro leaves
1/4 cup lime juice
3 tablespoons coconut oil
Salt and pepper, to taste

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to DIP/SALSA, then press START/STOP to begin until desired texture is reached.





**RECIPE
SUGGESTION**

For a chunkier sauce,
use the DIP/SALSA
program instead
of PUREE.

SUN-DRIED TOMATO SAUCE

PREP: 10 MINUTES | **COOK:** 25 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 3 1/2 CUPS

INGREDIENTS

- 1 onion, peeled, cut in quarters
- 4 cloves garlic, peeled
- 1 tablespoon canola oil
- 1 can (28 ounces) whole peeled tomatoes
- 1 jar (6 ounces) sun-dried tomatoes packed in olive oil
- 1/2 cup dry red wine
- 1/2 teaspoon crushed red pepper
- Salt and pepper, to taste
- 1/4 bunch fresh basil, chopped, for garnish

DIRECTIONS

- 1 Place the onion and garlic into the Pitcher. Press PULSE, turn dial to speed level 5, then press START/STOP to begin pulsing until ingredients are roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onions and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the Pitcher. Turn dial to PUREE, then press START/STOP to begin.
- 4 Add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil.

SOUPS

BROCCOLI SOUP

PREP: 15 MINUTES | **COOK:** 20 MINUTES | **CONTAINER:** PITCHER ONLY* | **MAKES:** 3–4 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium white onion, peeled, chopped
- 3 cups vegetable broth
- 4 cups broccoli florets, cut in 1-inch pieces
- 1 teaspoon salt
- 1 cup shredded sharp cheddar cheese

DIRECTIONS

- 1 Heat oil in a saucepan over medium heat. Add the onion and cook until tender, about 5 to 7 minutes.
- 2 Add the vegetable broth, broccoli, and salt to the saucepan. Cook for 10 minutes, or until tender.
- 3 Pour soup into the Pitcher. Do not fill past MAX HOT LIQUID line. Replace lid and cap. Turn dial to SOUP, then press START/STOP to begin.
- 4 Return soup to saucepan and add cheese. Cook on low, stirring, until cheese is melted and soup is heated through.

CAUTION: Lid cap is hot after blending. Handle with care.

*Do not blend hot ingredients in any other blender pitcher or cup besides the included Pitcher.

BUTTERNUT SQUASH SOUP

PREP: 20 MINUTES | **COOK:** 40 MINUTES | **CONTAINER:** PITCHER ONLY* | **MAKES:** 8 SERVINGS

INGREDIENTS

3 tablespoons olive oil
1 large yellow onion, peeled, chopped
1 cup raw cashews
1 large apple, peeled, cored, chopped
1 large carrot, peeled, chopped
2 pounds butternut squash, peeled, cubed
1 teaspoon fresh thyme leaves
1 bay leaf
4 cups vegetable stock
Kosher salt and ground black pepper, to taste

DIRECTIONS

- 1** Heat oil in a large saucepan over medium heat. Add onion, cooking until beginning to soften, about 5 minutes. Add the cashews and cook, stirring, for about 5 minutes.
- 2** Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and then reduce the heat to medium-low. Allow soup to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
- 3** Working in two batches, pour half the soup into the Pitcher. Do not fill past MAX HOT LIQUID line. Replace lid and cap. Turn dial to SOUP, then press START/STOP to begin. Repeat with remaining soup.

CAUTION: Lid cap is hot after blending. Handle with care.

*Do not blend hot ingredients in any other blender pitcher or cup besides the included Pitcher.



BEETROOT GAZPACHO

PREP: 15 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 3-4 SERVINGS

INGREDIENTS

- 1 small beet, peeled, roughly chopped
- 1 medium green apple, peeled, cored, roughly chopped
- 2 small cucumbers, peeled, roughly chopped
- 2 tablespoons miso paste
- 4 spring onions, trimmed, cut in quarters
- Crème fraîche, for garnish
- Fresh dill, for garnish

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to SOUP, then press START/STOP to begin.
- 3 Serve chilled, topped with crème fraîche and dill.

RECIPE SUGGESTION

Garnish with yogurt, sesame seeds, and avocado.

ROASTED GARLIC & ROMA TOMATO SOUP

PREP: 10 MINUTES | **COOK:** 15 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

1 can (28 ounces) whole peeled tomatoes
4 cloves garlic, peeled
3 tablespoons tomato paste
 $\frac{3}{4}$ cup silken tofu
3 tablespoons extra virgin olive oil
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper
1 cup vegetable broth

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to SOUP, then press START/STOP to begin.
- 3** Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

CAULIFLOWER SOUP

PREP: 20 MINUTES | **COOK:** 17-19 MINUTES | **CONTAINER:** PITCHER ONLY* | **MAKES:** 3-4 SERVINGS

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil
- 1 medium onion, peeled, chopped
- 2 cloves garlic, peeled
- 3 cups cauliflower, cut in 1-inch florets
- 1 1/2 teaspoons ground coriander
- 1 teaspoon curry powder
- 2 1/2 cups vegetable broth
- 1 teaspoon salt

DIRECTIONS

- 1 Heat butter and oil in a saucepan over medium heat. Add onion and garlic and cook until tender, about 5 to 7 minutes.
- 2 Add cauliflower, coriander, and curry powder to the saucepan. Cook for 2 minutes.
- 3 Add enough vegetable broth to cover ingredients and salt to saucepan. Cook for 10 more minutes, or until cauliflower is tender.
- 4 Pour soup into the Pitcher. Do not fill past MAX HOT LIQUID line. Replace lid and cap. Turn dial to SOUP, then press START/STOP to begin.

CAUTION: Lid cap is hot after blending. Handle with care.

*Do not blend hot ingredients in any other blender pitcher or cup besides the included Pitcher.



FLOURS

BUCKWHEAT FLOUR

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 3 1/2 CUPS

INGREDIENTS

2 cups buckwheat

DIRECTIONS

- 1 Place buckwheat into the Pitcher.
- 2 Turn dial to FLOUR/MILL, then press START/STOP to begin. Allow flour to cool prior to use.
- 3 Store in an airtight jar in the refrigerator for up to 2 months, or in the freezer for up to 6 months.

STORAGE SUGGESTION

Store in a cool, dry place in an airtight jar for best results.



**STORAGE
SUGGESTION**

Store in a cool, dry
place in an airtight jar
for best results.

BROWN RICE FLOUR

PREP: 5 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 3 1/2 CUPS

INGREDIENTS

2 cups long grain brown rice

DIRECTIONS

- 1** Place rice into the Pitcher.
- 2** Turn dial to FLOUR/MILL, then press START/STOP to begin. Allow flour to cool prior to use.
- 3** Store in an airtight jar in the refrigerator for up to 2 months, or in the freezer for up to 6 months.

DESSERTS

STRAWBERRY CHEESECAKE FREEZE

PREP: 10 MINUTES | **FREEZE:** 15 MINUTES-3 HOURS | **CONTAINER:** PITCHER | **MAKES:** 6-8 SERVINGS

INGREDIENTS

- 1/2 cup light cream
- 1/2 package (4 ounces) cream cheese, cut in quarters
- 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/3 cup sugar
- 1 1/2 cups frozen unsweetened strawberries
- 1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the Pitcher in the order listed.
- 2 Turn dial to ICE CREAM, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3 Remove mixture from the Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.

For detailed instructions on using the tamper, refer to page 6.

RECIPE SUGGESTION

Garnish this dessert with a mix of fresh berries and whipped cream.



BANANA CHOCOLATE MOUSSE

PREP: 10 MINUTES | **CHILL:** 2 HOURS | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

2 ripe bananas, cut in quarters
2 ripe avocados, peeled, cut in quarters, pits removed
1/4 cup chocolate syrup
Juice of 1/2 orange
1/4 cup cocoa powder

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Press MANUAL, press START/STOP, then steadily turn dial up to level 3 and blend until smooth. While unit is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3** Transfer mousse to an airtight container and refrigerate until chilled, about 2 hours.

COCONUT PINEAPPLE SORBET

PREP: 5 MINUTES | **FREEZE:** 15 MINUTES-3 HOURS | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

- 2 cups frozen pineapple chunks
- 1 medium frozen ripe banana, cut in 2-inch pieces
- 2 tablespoons fresh lime juice
- 1 cup light coconut milk
- 2 tablespoons agave nectar
- 1 teaspoon grated fresh ginger

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to ICE CREAM, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3** Remove mixture from the Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.

For detailed instructions on using the tamper, refer to page 6.





WATERMELON MINT GRANITA

PREP: 10 MINUTES | **FREEZE:** 3-4 HOURS | **CONTAINER:** PITCHER | **MAKES:** 2-4 SERVINGS

INGREDIENTS

6 cups watermelon chunks
1 tablespoon lime juice
3 tablespoons agave nectar
6 fresh mint leaves

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Press MANUAL, press START/STOP, then steadily turn dial up to level 10 and blend until smooth.
- 3** Strain watermelon juice and discard pulp.
- 4** Pour watermelon juice into ice cube trays. Freeze 3 to 4 hours, or until almost solid. Shave with a fork into glasses and serve.

VANILLA PEPPERMINT ICE CREAM

PREP: 10 MINUTES | **FREEZE:** 8-11 HOURS | **CONTAINER:** PITCHER | **MAKES:** 6 SERVINGS

INGREDIENTS

- 2 cups heavy cream
- 1 cup evaporated milk
- 10 round peppermint candies
- 1/4 cup powdered sugar
- 1/2 teaspoon peppermint extract
- 1 cup whole milk

DIRECTIONS

- 1 Stir together the heavy cream and evaporated milk. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2 Place peppermint candies, powdered sugar, peppermint extract, milk, and frozen cream cubes into the Pitcher.
- 3 Turn dial to ICE CREAM, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 4 Remove mixture from the Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.

For detailed instructions on using the tamper, refer to page 6.

FROZEN STRAWBERRY PEACH TREAT

PREP: 5 MINUTES | **FREEZE:** 15 MINUTES-3 HOURS | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

- 1 1/2 cups frozen strawberries
- 1/2 cup frozen peach slices
- 1/2 cup whole milk
- 1/4 cup low-fat vanilla yogurt
- 2 tablespoons agave nectar
- 1 teaspoon vanilla extract

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Turn dial to ICE CREAM, then press START/STOP to begin. While program is running, if necessary, you can remove the lid cap and use the tamper to push ingredients from the sides of the Pitcher toward the blades.
- 3** Remove mixture from the Pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and place in the freezer for 2 to 3 hours, or until hardened.

For detailed instructions on using the tamper, refer to page 6.

VANILLA NUT FROZEN TREAT

PREP: 10 MINUTES | **CONTAINER:** PITCHER | **MAKES:** 4 SERVINGS

INGREDIENTS

1 cup vanilla oat milk
1/2 cup walnut halves
1/2 teaspoon pure vanilla extract
2 packets (.035 ounces each) stevia
1 cup nonfat vanilla yogurt
2 1/2 cups ice

DIRECTIONS

- 1** Place all ingredients into the Pitcher in the order listed.
- 2** Press MANUAL, press START/STOP, then steadily turn dial up to level 10 and blend until smooth.



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