

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



# CONTENTS

LOADING TIPS	1
SMOOTHIES & DRINKS	2
FROZEN TREATS	16
SAVOURY IDEAS	20



WATERMELON  
COOLER

7

COOL  
GINGER  
PEAR

10



12



20

GUACAMOLE

23

# TIPS FOR YOUR SINGLE-SERVE CUP



5



Top off with ice or frozen ingredients.

4



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

3



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

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

Do not go past the max fill line when loading the cup.

## LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor Blades™ Assembly to the cup, remove some ingredients.

## PREP TIPS

For best results, cut ingredients in 2.5cm chunks. Place frozen ingredients in the cup last.

**CAUTION:** Remove the Pro Extractor Blades™ Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure build-up that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.







# SUNSET REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**PROGRAM:** BLEND

**MAKES:** 1 SERVING

## INGREDIENTS

125ml orange juice

120g pineapple chunks

1/2 orange, peeled, pips and pith removed, cut in half

80g frozen mango chunks

80g frozen strawberries

SMOOTHIES  
& DRINKS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

# ORANGE PASSIONFRUIT MELON SMOOTHIE

SMOOTHIES  
& DRINKS

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

125ml orange juice

3 passionfruits, halved and pulp removed

1 medium nectarine, sliced

150g ripe melon, chopped

100g vanilla ice cream

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# MIXED BERRY SMOOTHIE

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/2 small banana, peeled and broken into chunks

200ml milk

50ml vanilla or plain yoghurt

150g frozen mixed berries

SMOOTHIES  
& DRINKS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





# MINT PINEAPPLE REFRESHER

SMOOTHIES  
& DRINKS

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

- 1/2 green apple, cut in quarters
- 165g pineapple, cut in 2.5cm chunks
- 1/2 teaspoon lime juice
- 5 mint leaves
- 60ml coconut water
- 2 ice cubes

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



**TIP** Tinned pineapple can be used instead of fresh pineapple.

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

# WATERMELON COOLER

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1/4 pear, cut into chunks

300g chilled watermelon, deseeded, cut into chunks

2 large fresh basil leaves with stems removed

SMOOTHIES  
& DRINKS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# DETOX SMOOTHIE

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 70ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

1/4 ripe avocado pear

100g fresh pineapple chunks

1/2 kiwi fruit, peeled, quartered

1/2 slice of unwaxed lemon with peel

50g spinach leaves

150ml water

50g ice

SMOOTHIES  
& DRINKS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





# GINGER GREENS

SMOOTHIES  
& DRINKS

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 date, halved, pitted

2 small kiwis, peeled, quartered

40g baby kale

1/4 ripe avocado

5mm piece ginger, peeled

120ml coconut water

6g coriander

50g ice

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# COOL GINGER PEAR

SMOOTHIES  
& DRINKS

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

1 ripe pear, seeded, cut into quarters

1 teaspoon fresh ginger

500ml cold water

Sweetener, to taste

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



# CHERRY CHOCOLATE PROTEIN SMOOTHIE

SMOOTHIES  
& DRINKS

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

200ml coconut water

1 tablespoon cacao nibs or cocoa powder

3 scoops of chocolate/vanilla protein shake

150g frozen cherries

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.







# OREO® BISCUIT MILKSHAKE

SMOOTHIES  
& DRINKS

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

200ml whole milk

8 Oreo® biscuits

100g vanilla ice cream

Top with whipped cream and crushed

Oreo® biscuits

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

# BANANA MILKSHAKE

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

2 small bananas, peeled, halved

200ml semi-skimmed milk

2 scoops vanilla ice cream

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



SMOOTHIES  
& DRINKS

# ICED COFFEE FRAPPE

**PROGRAM:** MANUAL

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1-2 SERVINGS

## INGREDIENTS

100ml espresso or very strong coffee, cooled

200ml milk

1-2 tablespoons caramel or maple syrup

4 cubes of ice

Whipped cream for serving, if desired

Cocoa powder for serving, if desired

SMOOTHIES  
& DRINKS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Select START/STOP. Blend until smooth.
3. Remove blades from cup after blending. Top with whipped cream and sprinkle over cocoa powder. Attach Spout Lid to enjoy on the go.



# FROZEN MANGO MARGARITA

FROZEN  
TREATS

**PROGRAM:** MAX BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 1 SERVING

## INGREDIENTS

60ml tequila

20ml Cointreau or triple sec

100ml orange juice

1 tablespoon lime juice

150g frozen mango chunks

Salt and lime wedges for garnish

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press MAX BLEND.
3. Meanwhile, prepare margarita glass by sprinkling a few teaspoons of salt over the surface of a small plate or saucer. Rub one wedge of lime along the rim of glass and then dip glass into the salt so that the entire rim is covered.
4. Remove blades from cup after blending. Pour into prepared margarita glass to serve.



# TROPICAL FRESH FRUIT ICE LOLLIES

FROZEN  
TREATS

**PROGRAM:** BLEND

**PREP:** 6 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 4-6 LOLLIES

## INGREDIENTS

150g fresh mango

300g fresh pineapple

2 tablespoons agave nectar

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending.
4. Pour into 4-6 ice lolly moulds and freeze overnight or until solid.









# VANILLA NUT FROZEN TREAT

**PROGRAM:** MANUAL

**PREP:** 6 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 2 SERVINGS

## INGREDIENTS

160ml vanilla oat milk

200ml low-fat vanilla Greek yoghurt

1/4 teaspoon pure vanilla extract

45g walnut halves

1 sachet stevia

375g ice

FROZEN  
TREATS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press START/STOP and blend for 20 seconds or until desired consistency is achieved.
3. Remove blades from cup after blending.



# PANCAKES

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 medium egg

150ml milk

60g plain flour

Pinch of salt

1 teaspoon sunflower oil or cooking spray

Lemon and sugar, to serve

SAVOURY  
IDEAS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup.
4. Heat a frying pan over a moderate heat. Wipe over with some oiled paper or spray.
5. Pour a little batter into pan, swirl around to make a thin layer to completely cover pan. Cook underside until it is golden brown and the top starts to produce bubbles.
6. Flip over with a palette knife and cook the other side. Repeat with remaining batter.
7. Serve with a squeeze of lemon and a sprinkle of sugar.

# HOUMOUS

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 4 SERVINGS

SAVOURY  
IDEAS

## INGREDIENTS

### CLASSIC HOUMOUS

400g can chickpeas, drained, rinsed

50ml chickpea liquid

60ml lemon juice

60ml olive oil

1 garlic clove, peeled

1 teaspoon ground cumin

1/2 teaspoon paprika

1 tablespoon tahini paste

1 teaspoon sea salt

Olive oil and paprika, to garnish

### RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients.

### CORIANDER HOUMOUS

Add 1/2 teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

## DIRECTIONS

1. Place the ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending.
4. Serve with drizzled with olive oil and sprinkle over paprika.

# GUACAMOLE

**PROGRAM:** PULSE

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 4 SERVING

## INGREDIENTS

1/2 small onion, peeled, quartered

1 small red chili, deseeded

1 garlic clove, peeled

1 large tomato, deseeded, quartered

10g fresh coriander, stalks and leaves

Juice of half a lime

2 ripe avocado pears, peeled, stone removed

Pinch of salt and pepper



SAVOURY  
IDEAS

## DIRECTIONS

1. Place the first five ingredients into the 700ml Single-Serve Cup.
2. Press PULSE 2-3 times until roughly chopped.
3. Add lime juice, avocado and seasoning. Press PULSE 2-4 times until the desired consistency is reached.
4. Remove blades from cup after blending.
5. Transfer to a bowl and enjoy with tortilla chips.

# FRENCH DRESSING

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 120ML

## INGREDIENTS

1 small garlic clove

6 tablespoons extra virgin olive oil

1 teaspoon Dijon mustard

Pinch of sugar

2 tablespoons white wine vinegar

Salt and freshly ground black pepper

SAVOURY  
IDEAS

## DIRECTIONS

1. Place ingredients into the 700ml Single-Serve Cup in the order listed.
2. Press BLEND.
3. Remove blades from cup after blending. Use over salads, can be stored in a fridge for a week, cover with lid.



# TOAD IN THE HOLE

**PROGRAM:** BLEND

**PREP:** 10 MINUTES

**CONTAINER:** 700ML SINGLE-SERVE CUP

**MAKES:** 4 SERVINGS

## INGREDIENTS

2 large eggs

200ml milk

125g plain flour

1/2 teaspoon salt

White pepper

1 tablespoon fresh thyme or rosemary leaves

6 sausages

2 tablespoons vegetable oil



SAVOURY  
IDEAS

## DIRECTIONS

1. Preheat oven to 220°C.
2. Place ingredients into the 700ml Single-Serve Cup in the order listed.
3. Press BLEND.
4. Remove blades from cup. Let it stand for at least 30 minutes.
5. Place sausages and oil into a shallow baking dish. Cook for 15 minutes until sausages are starting to brown and the oil is smoking hot.
6. Carefully pour over batter and return to oven and cook for 25–30 minutes until the batter is well risen and golden brown.
7. Cooking is complete when golden brown. Serve immediately.



**NINJA**<sup>®</sup>

**NUTRI BLENDER PRO**

© 2022 SharkNinja Operating LLC.

NINJA is a registered trademark of SharkNinja Operating LLC.

PRO EXTRACTOR BLADES is a trademark of SharkNinja Operating LLC.

BN500ANZ\_IG\_20Recipe\_MP\_Mv3\_220616