

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

**NINJA**®

**PROFESSIONAL PLUS**

**BLENDER  
WITH AUTO-IQ**®

**QUICK  
START  
GUIDE**

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**+ 15 IRRESISTIBLE RECIPES**

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# NINJA® PROFESSIONAL PLUS BLENDER WITH AUTO-IQ®

## QUICK ASSEMBLY

### CLEANING

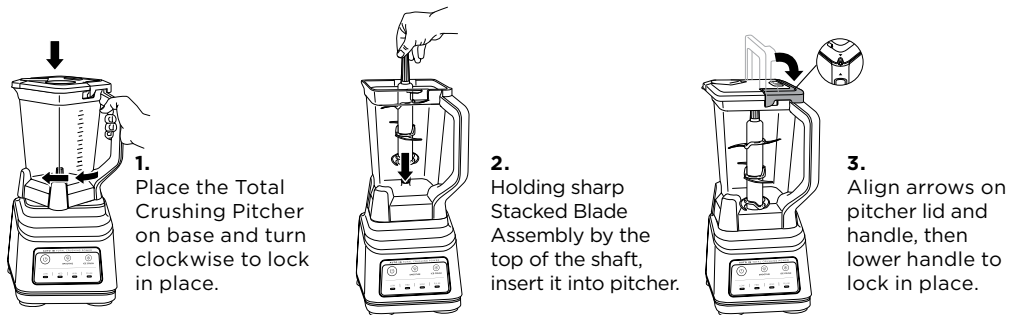
**Dishwasher:** The container, lid, and loose, sharp blade assembly are all dishwasher safe. The lid and blade assembly are top-rack dishwasher safe only. Ensure the blade assembly is removed from the container before placing in the dishwasher.

**Hand-Washing:** Wash container, lid, and loose, sharp blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle blade assembly with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.


**WARNING:** Always unplug the blender base before cleaning.

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

### TOTAL CRUSHING® PITCHER



**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the Total Crushing Pitcher is locked onto base, press the Power button  to turn the unit on.

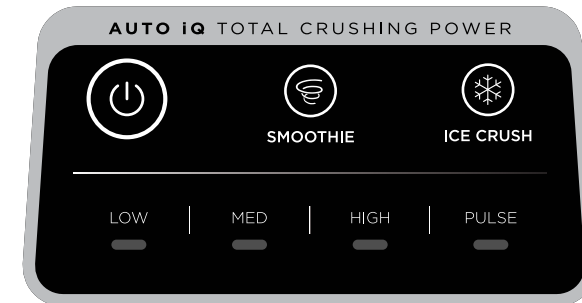
**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional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

## NINJA® PROFESSIONAL PLUS BLENDER WITH AUTO-IQ®

### AUTO-IQ PROGRAMS

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. To stop blending before the end of the program, press the currently active button again.

### TOTAL CRUSHING® PITCHER



**Smoothie**  
Whole Fruits/Vegetables  
Fibrous Ingredients  
Seeds

**Ice Crush**  
Margaritas  
Daiquiris  
Milkshakes

### MANUAL PROGRAMS

**LOW, MEDIUM, and HIGH:** When selected, each of these speeds runs continuously for 60 seconds. Press the currently active button again to stop the program sooner. They do not work in conjunction with any Auto-iQ programs.

**PULSE:** Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

**TIP:** Use PULSE to quickly chop onions, celery, carrots, and more.

# WATERMELON QUENCH

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

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

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# BANANA MOCHA ALMOND SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1 large ripe banana, cut in half  
1 cup strongly brewed coffee, chilled  
1 cup almond milk  
3 tablespoons creamy almond butter  
2 teaspoons agave nectar  
3 tablespoons cocoa powder  
2 1/2 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**

# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* 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 kosher salt  
4 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# TROPICAL CHILL

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

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

## INSTRUCTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

SMOOTHIE

# CINNAMON & COFFEE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1/2 cup strongly brewed coffee, cooled  
1 square (1 ounce) dark chocolate  
1 cup rice milk  
1 teaspoon ground cinnamon  
1/2 cup low-fat vanilla yogurt  
4-6 ice cubes

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**

# FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* 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 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

ICE CRUSH

# LEM-MOSA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* 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 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# PEAR GINGER SAKE MARTINI

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 frozen pear, peeled, cored  
1/2 teaspoon grated fresh ginger  
2 cups pear juice  
1/2 to 3/4 cup sake  
1 tablespoon agave nectar  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

ICE CRUSH

# JAMAICAN SCREWDRIVER

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 cups orange juice  
1/2 cup vodka  
1/4 cup light rum  
1 small ripe banana, cut in half  
1 1/2 cup frozen pineapple chunks  
2 cups ice  
4 orange slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except orange slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.
- 3 Pour into chilled glasses and garnish with orange slices.

# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 5 SERVINGS

## INGREDIENTS

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

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# SPINACH ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 9 CUPS

## INGREDIENTS

3 tablespoons unsalted butter  
2 cloves garlic, peeled, chopped  
1 large onion, peeled, chopped  
1/3 cup all-purpose flour  
2 teaspoons kosher salt  
1 teaspoon ground black pepper  
1 can (14 ounces) artichoke hearts, drained  
1 pound baby spinach  
4 cups low-sodium vegetable broth  
2 cups grated Parmesan cheese  
1/2 cup sour cream

## DIRECTIONS

- 1 Place butter, garlic, and onion into a 5-quart saucepan over medium-low heat. Cook for 5 minutes.
- 2 Add flour, salt, and pepper, and stir to incorporate. Add artichoke hearts, spinach, and broth. Bring to a boil, then reduce heat to medium-low and cook for 20 minutes.
- 3 Remove from heat and cool to room temperature.
- 4 Place cooled mixture into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 5 Return sauce to saucepan, add Parmesan and sour cream, then simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# CHIPOTLE SALSA

**PREP:** 10 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 CUPS

## INGREDIENTS

2 cans (10 ounces each) whole peeled tomatoes, drained  
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, seeds removed  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 PULSE until desired consistency is reached.
- 3 Cover and refrigerate at least 1 hour before serving.

# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES | **COOK:** 35-40 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

3 tablespoons butter  
 1/2 small yellow onion, peeled, chopped  
 1 medium carrot, peeled, chopped  
 2 tablespoons flour  
 3 cups chicken broth  
 3 cups broccoli florets  
 1 cup whole milk  
 3/4 cup shredded cheddar cheese  
 Kosher salt, to taste  
 Ground black pepper, to taste

## DIRECTIONS

- 1 Place butter into a heavy-bottom saucepan over medium heat; stir until melted. Add onion and carrot and cook until tender, about 5 minutes.
- 2 Whisk in the flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer over medium heat until tender, 20 to 25 minutes, stirring occasionally. Let cool to room temperature.
- 3 Place cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Transfer the soup back to the saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# VANILLA NUT FROZEN TREAT

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* 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 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

# FROZEN STRAWBERRY PEACH TREAT

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 1 SERVING

## INGREDIENTS

1 1/2 cups frozen strawberries  
 1/2 cup frozen peaches  
 1 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 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

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For questions or to register your product,  
visit us online at [ninjakitchen.com](http://ninjakitchen.com)



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