

# NUTRI NINJA<sup>®</sup> Slim

Inspiration Guide

30+  
RECIPES!



# Congratulations!

Prepare nutrient-rich juices, sauces, and soups with the Nutri Ninja® Slim. Engineered as a system, this innovative Nutrient & Vitamin Extractor produces nutrient-rich beverages to support your healthy, Ninja®-inspired lifestyle!



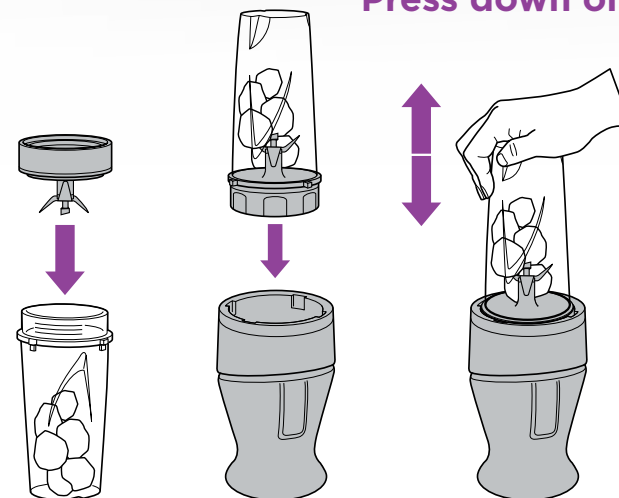
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## Assembly with Nutri Ninja® Cup



**To Activate**  
Press down on cup





## PULSE TECHNOLOGY™

Ninja® Pulse Technology™ provides a quick burst of stop and start pulsing power to control the consistency of food. It's the best way to thoroughly mix and evenly chop your ingredients. With a push you can easily control the level of chunkiness in salsa or pulse continuously to crush ice into snow. So go ahead, start pulsing your way to a more consistent, healthy, happy, and active lifestyle.

# Loading Instructions

When blending these common ingredients, order is everything. Use this visual guide to ensure your recipes turn out smooth and delicious every time.



**Top off with ice or frozen ingredients.**



**Next add any dry or sticky ingredients.**

Like seeds, powders, and nut butters.



**Pour in liquid or yoghurt next.**

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



**Next add leafy greens and herbs.**



**Start by adding fresh fruits and vegetables.**

FOR BEST RESULTS:

- Cut ingredients into 2.5cm chunks
- Do not fill the cup past the MAX fill line.
- If you feel resistance on the blade assembly when fastening it to the cup, remove some ingredients.
- If blending soups or sauces, always ensure ingredients are cooled to room temperature before blending. Ninja cups are NOT intended for hot blending.
- Do not place frozen ingredients first in the Nutri Ninja®.



PREP TIME: 5 minutes YIELD: 1 serving

## lean green ninja

The best-tasting green smoothie you will ever experience! The tropical fruit flavours mask the greens, plus you get a big boost of vitamin C.

### ingredients

- 60g fresh pineapple, 2.5cm chunks
- 60g fresh mango, 2.5cm chunks
- ½ small banana, peeled
- 60g spinach, packed
- 60g kale leaves, packed
- 60ml water
- 60g ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## spicy pineapple recharge

Sweet, tangy, and spicy, this drink is truly a party in a glass.

### ingredients

- 240g fresh pineapple, 2.5cm chunks
- ¼ small jalapeno pepper, seeded
- 0.5cm piece of fresh ginger, peeled
- ½ lime, peeled, halved
- 80ml orange juice
- 60g ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## powerball

Start your day off right with this luscious booster.

### ingredients

- ½ small banana, peeled
- 180g unsweetened coconut milk
- ½ teaspoon unsweetened cocoa powder
- 180g frozen blueberries

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## watermelon raspberry cleanser

Perfectly refreshing drink for any summer day!

### ingredients

- 140g watermelon, 2.5cm chunks
- 75g raspberries
- 60ml water
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## green detox splash

Swiss chard is full of phytonutrients with health benefits. With the antioxidant properties of parsley, you have a winning combination. Add in the sprouts and lemon for a revitalising beverage. The banana is great for added sweetness and creaminess.

### ingredients

- ½ golden apple, unpeeled, uncored, quartered
- ¼ banana, peeled
- 5g alfalfa sprouts
- 10g chopped swiss chard without fibrous stalk
- 5g parsley leaves
- 5ml lemon juice
- 60ml water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## ginger greens

Considered two of the ultimate detox foods, kale, and coriander combine to cleanse your system! Avocado lends a rich, creamy consistency and healthful dose of good monounsaturated fat.

### ingredients

- 2 kiwis, peeled, quartered
- ¼ ripe avocado, pitted, peeled
- 1 date, pitted, halved
- 1cm piece of fresh ginger, peeled
- 15g kale leaves, packed
- 5g coriander leaves
- 5ml lime juice
- 60ml coconut water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## pale green jewel up

Adding cabbage kicks up the vitamin C and soluble fibre, which is easy to make part of your regular diet.

### ingredients

- ½ granny smith apple, cored, halved
- ½ grapefruit, peeled, halved
- 10g green cabbage, chopped
- 5g fresh mint
- 125ml water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## cool honeydew cleanser

This cool cucumber refresher is the perfect stress reducer.

### ingredients

- ¼ medium cucumber, peeled, halved
- 80g honeydew melon, 2.5cm chunks
- 100g fresh pineapple, 2.5cm chunks
- 60ml water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## super green smoothie

This tasty green smoothie is the perfect between-meal refresher.

### ingredients

- 4cm piece medium cucumber, peeled, and cut lengthwise
- 6 green grapes
- 80g honeydew melon, 2.5 cm. chunks
- ¼ orange, peeled, halved
- 5g spinach, packed
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## sweet spinach detox

The combination of citrus with greens will help with the absorption of iron. Plus it's a great way to get spinach into your diet!

### ingredients

- ¾ granny smith apple, unpeeled, uncored, quartered
- ¼ lemon, peeled, seeded
- 1cm piece fresh ginger, peeled
- 7g spinach, packed
- 60ml apple juice
- 60ml water
- 10ml agave or honey
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.





PREP TIME: 5 minutes YIELD: 1 serving

## frozen kale cacao

Known as the “queen of greens”, kale is recognised for its exceptional nutritional value and delicious flavour.

### ingredients

- 2 dates, pitted, halved
- 10g kale leaves, packed
- 310ml unsweetened coconut milk
- 1 scoop chocolate protein powder
- 5ml unsweetened cocoa powder
- 1 small frozen banana, quartered
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## pear cleanse

Pak choi plus coriander can help your body’s detoxifying process.

### ingredients

- ½ ripe avocado, pitted, peeled
- 1 ripe pear, cored, quartered
- ½ date, pitted
- 30g pak choi, chopped
- 5g coriander leaves
- 5ml lime juice
- 60ml water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## berry healthy

Spinach blends perfectly with the natural sweetness and flavour of fruit. The kids will not know it's in there.

### ingredients

- 40g strawberries, hulled
- 40g blueberries
- 110g fresh mango, 2.5cm chunks
- 50g fresh pineapple, 2.5cm chunks
- 5g spinach, packed
- 60ml water
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## antioxidant refresher

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

### ingredients

- 50g watermelon, 2.5cm chunks
- 80g blueberries
- ½ granny smith apple, unpeeled, uncored, halved
- ½ celery stalk, halved
- 5g red cabbage, chopped
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## can't beet it

A delicious and fibre-rich vegetable juice that's nutritious and perfect for sustaining energy!

### ingredients

- ½ small beetroot, peeled, halved
- ½ carrot, peeled, halved
- ½ lemon, peeled, seeded
- 1cm piece of fresh ginger, peeled
- ½ orange, peeled, halved
- 1 celery stalk, trimmed, quartered
- 175ml water
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## 3-2-1 immune boost

A delightful way to build good health!

### ingredients

- ⅓ pink grapefruit, peeled, quartered
- 1 kiwi, peeled, halved
- 1 orange, peeled, quartered
- 5ml dried Goji berries
- 80ml water
- 80ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## super ninja 9

Eight vitamin-packed vegetables plus apple make a great combination of vitamins A, B, and C. They're also a good source of fibre!

### ingredients

- ¼ green apple, unpeeled, uncored, halved
- 5cm piece carrot, peeled
- 1cm cube red onion
- ⅛ jalapeno pepper, seeded
- 1.25cm cube small beetroot, peeled
- 5g red cabbage, chopped
- ½ tomato, quartered
- ¼ medium cucumber, peeled, cut lengthwise
- 5cm piece celery stalk
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## berries galore

This fibre and antioxidant-rich “berry delicious” nutrient extracted beverage is absolutely refreshing!

### ingredients

- 5 strawberries, hulled, halved
- 1 orange, peeled, quartered
- 60ml coconut water
- 70g frozen blueberries
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## cherry limeade

This refreshing homemade sports drink will remind you of a childhood favourite! Stir in 1 tablespoon of chia seeds for your own homemade Chia Fresca!

### ingredients

- 230ml coconut water
- 1 tablespoon lime juice
- 120g frozen cherries

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above. BLEND until smooth.
2. Pour mixture through a fine mesh strainer and discard any solids. Enjoy the extracted juice over ice.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## ginger pear defense

Ginger provides a natural anti-inflammatory and aids in digestion. Choose ripe pears for extra sweetness.

### ingredients

- 1 ripe pear, cored, quartered
- 80g cantaloupe melon, 2.5cm chunks
- ¼ lemon, peeled, seeded
- 1.25cm piece of fresh ginger, peeled
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## strawberry melon energy blast

This nutrient extraction is full of fibre and protein and can substitute as the perfect on-the-go meal replacement.

### ingredients

- ¼ medium cucumber, peeled, halved
- 4 strawberries, hulled
- 120g cantaloupe melon, 2.5cm chunks
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## sunshine pick me up

This nutrient extraction is full of fibre and protein and can substitute as the perfect on-the-go meal replacement.

### ingredients

- 1 small banana, peeled, halved
- ½ medium cucumber, halved
- ½ lime, peeled
- 200g fresh pineapple, 2.5cm chunks
- 175ml coconut water
- 1 scoop vanilla protein powder
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## bright side mocha shake

A guilt-free frozen treat you'll love!

### ingredients

- ½ banana, peeled
- 60ml brewed coffee, chilled
- 120ml almond milk
- 1 ½ teaspoon creamy almond butter
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon agave nectar
- pinch of salt
- 230g ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## citrus ginger support

Need a vitamin C boost? This delicious refresher contains 190% of your daily vitamin C requirement. Ginger is used not only as food, but also for its aromatic and health-promoting properties.

### ingredients

- 110g fresh mango, 2.5cm chunks
- ½ small orange, peeled, halved
- ½ pink grapefruit, peeled, halved
- 1cm pieced of fresh ginger, peeled
- ½ lime, juiced
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## autumn balancer

Beat the bloated blues with this slimming sipper!

### ingredients

- 85g steamed sweet potatoes
- 160ml unsweetened almond milk
- 15ml maple syrup
- 2.5ml flax seed
- 0.5ml ground turmeric
- 1ml salt
- 60ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 7 minutes **YIELD:** 1 serving

## coffee soy smoothie

This creamy coffee drink has both almond butter and silken tofu to get you started in the morning!

### ingredients

- 70g silken tofu
- 125ml strongly brewed decaf coffee
- 10ml almond butter
- 0.5ml cardamom powder
- 15ml agave nectar
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.





**PREP TIME:** 5 minutes **YIELD:** 1 serving

## top o' the mornin'

A balanced, on-the-go breakfast!

### ingredients

- 1 small banana, peeled, quartered
- 1 orange, peeled, quartered
- 240ml vanilla almond milk
- ½ teaspoon ground cinnamon
- 1 scoop when protein powder
- 120g ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



**PREP TIME:** 5 minutes **YIELD:** 1 serving

## apple almond power smoothie

Almond milk is lactose-free. Almond butter is a great source of vitamin E and contains a nutritional punch. A great protein-filled pick-me-up after a workout or long walk.

### ingredients

- 1 small banana, peeled, halved
- 1 green apple, peeled, quartered
- 250ml unsweetened almond milk
- 15ml almond butter
- 1 scoop whey protein powder
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.

PREP TIME: 5 minutes YIELD: 1 serving

## chocolate cherry protein blast

This is a perfect meal replacement shake, packed with fibre and protein.

### ingredients

- ½ ripe avocado, pitted, peeled
- 250ml unsweetened almond milk
- 5ml unsweetened cocoa powder
- 1 scoop chocolate protein powder
- 105g frozen cherries

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.

PREP TIME: 5 minutes YIELD: 1 serving

## tangerine protein machine

This delicious drink is full of healthy fibre, protein, vitamin C, and potassium – perfect for breakfast!

### ingredients

- 1 small banana, peeled, halved
- 1 tangerine, peeled, quartered
- 10g spinach, packed
- 250ml water
- 1 scoop vanilla protein powder
- 125ml ice

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



PREP TIME: 5 minutes YIELD: 1 serving

## strawberry protein power

A totally new twist on a strawberry smoothie with protein-packed tofu.

### ingredients

- 105g silken tofu
- 15ml lime juice
- 310ml original unsweetened almond milk
- 30ml honey
- 125g frozen strawberries

### directions

1. Place all of the ingredients into the 470ml Nutri Ninja® Cup in the order listed above, then BLEND until smooth.



[www.ninjakitchen.eu](http://www.ninjakitchen.eu)

The colour of your Nutri Ninja® may differ from the photos

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