

# NINJA®

**Nutri Ninja®**

**Nutri Bowl™**

**NN100UK**

**Series**

**INSTRUCTIONS**



ninjakitchen.eu



0800 862 0453

# THANK YOU

for purchasing the Ninja® with Nutri Ninja® Nutri Bowl™



**TIP:** You can locate the model number and date code on the rating label on the base of the product.

## RECORD THIS INFORMATION

Model Number: \_\_\_\_\_

Date Code: \_\_\_\_\_

Date of Purchase (Keep receipt): \_\_\_\_\_

## TECHNICAL SPECIFICATIONS

Voltage: 220-240V~, 50/60Hz

Watts: 1200W

## PLEASE READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

These instructions are designed to help you get a complete understanding of your new Nutri Ninja Nutri Bowl product.

If you have any questions, please call our customer service line at 0800 862 0453.

This appliance complies with the WEEE-Directive 2012/19/EU on the disposal of electrical and electronic equipment (WEEE).



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material sources. To return your used device, please use the return and collection systems or contact the retailer where this product was purchased. They can take this product for environmental safe recycling.

This appliance complies with the European directives for electromagnetic compatibility (EMC) 2014/30/EU and its revisions, as well as Low Voltage Directive (LVD) 2014/35/EU and its revisions.

**Guarantee:** This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If this product proves unsatisfactory please contact our customer service department on freephone 0800 862 0453 or by e-mail [ukservice@euro-pro.com](mailto:ukservice@euro-pro.com).

## ACCESSORY CAPACITY

Nutri Ninja® Cup:	650 ml & 900 ml
Nutri Bowl:	825 ml



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IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY BEFORE USE • FOR HOUSEHOLD USE ONLY

**⚠ WARNING**

To reduce the risk of injury, fire, electrical shock or property damage, basic safety precautions must always be followed, including the following numbered warnings and subsequent instructions.

- 1 Read all instructions prior to using the appliance and its accessories.

2 Carefully observe and practice all warnings and instructions. This unit contains electrical connections and moving parts that potentially present risk to the user.

3 This product is provided with a quad blade assembly. Always exercise care when handling the quad blade assembly. The quad blade assembly is sharp and is NOT locked in place in its containers. The quad blade assembly is designed to be removable to facilitate cleaning and replacement if needed. ONLY grasp the blade assembly by the top of the shaft. Failure to use care when handling the blade assemblies will result in a risk of laceration.

4 ALWAYS exercise care when handling the Pro Extractor Blades® Assembly. The blades are sharp. ONLY grasp the Pro Extractor Blades Assembly by the outer perimeter of the blade assembly base. Failure to use care when handling the blade assembly will result in a risk of laceration.

5 Take your time and exercise care during unpacking and appliance setup. This appliance contains sharp, loose blades that can cause injury if mishandled.

6 Take inventory of all contents to ensure that you have all parts needed to properly and safely operate your appliance.
- 7 Unplug the appliance from the outlet when not in use, before assembling or disassembling parts, and before cleaning. To unplug, grasp the plug by the body and pull from the outlet. Never unplug by grasping and pulling the flexible cord.

8 Wash all parts that may contact food before use. Follow washing instructions covered in this Instruction Guide.

9 To protect against the risk of electric shock, DO NOT submerge the appliance or allow the power cord to contact any form of liquid.

10 DO NOT use this appliance outdoors. It is designed for indoor household use only.

11 In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit that is regularly switched on and off by the utility.

12 DO NOT operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. This appliance has no user-serviceable parts. If damaged, contact SharkNinja for servicing.

13 If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similar qualified persons in order to avoid a hazard.

CONTINUED ON PAGE 5

# IMPORTANT SAFETY INSTRUCTIONS

PLEASE READ CAREFULLY BEFORE USE • FOR HOUSEHOLD USE ONLY

## ⚠ WARNING

**To reduce the risk of injury, fire, electrical shock or property damage, basic safety precautions must always be followed, including the following numbered warnings and subsequent instructions.**

- 14** Extension cords should NOT be used with this appliance.
- 15** Children shall not use or play with this appliance. Close supervision is necessary to keep appliance and cord out of the reach of children during use
- 16** This appliance is NOT intended to be used by people (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- 17** Before each use, inspect blade assemblies for damage. If a blade is bent or damage is suspected, contact SharkNinja to arrange for replacement.
- 18** DO NOT attempt to sharpen blades.
- 19** DO NOT allow the cord to hang over the edge of tables or counters. The cord may become snagged and pull the appliance off of the work surface.
- 20** DO NOT allow the cord to contact hot surfaces, including stoves and other heating appliances.
- 21** ALWAYS use the appliance on a dry and level surface.
- 22** NEVER place a blade assembly on the motor base without it first being attached to its corresponding container (bowl, pitcher, cup) and lid.
- 23** Keep hands, hair, and clothing out of the container when loading and operating.
- 24** ONLY use attachments and accessories that are provided with the product or are recommended by SharkNinja.
- 25** During operation and handling of the appliance, avoid contact with moving parts.
- 26** DO NOT operate the appliance with an empty container.
- 27** DO NOT fill containers past the max fill or max liquid lines.
- 28** DO NOT microwave any containers or accessories provided with the appliance.
- 29** DO NOT perform grinding operations with the Nutri Ninja® Cups and Pro Extractor Blades® Assembly.
- 30** Before operation, ensure that all utensils are removed from containers. Failure to remove utensils can cause containers to shatter and potentially result in personal injury and property damage.
- 31** Keep hands and utensils out of container while chopping to reduce the risk of severe personal injury or damage to the blender/ food chopper. A scraper may ONLY be used when the food chopper is not running.
- 32** NEVER operate the appliance without lids and caps in place. DO NOT attempt to defeat the interlock mechanism. Ensure that the container and lid are properly installed before operation.
- 33** DO NOT expose the containers and accessories to extreme temperature changes. They may experience damage.
- 34** NEVER leave the appliance unattended while in use.
- 35** DO NOT blend hot liquids. Doing so may result in a pressure buildup and steam exposure that can pose a risk of the user being burned.
- 36** If you find unmixed ingredients sticking to the sides of the pitcher, stop the appliance, remove the lid, and use a spatula to dislodge ingredients. NEVER insert your hands into the pitcher, as you may contact one of the blades and experience a laceration.
- 37** DO NOT attempt to remove the container and lids from the motor base while the motor and blade assembly is still spinning. Allow the appliance to come to a complete stop before removing lids and containers.
- 38** Upon completion of processing, ensure that the quad blade assembly is removed BEFORE emptying bowl contents. The quad blade assembly is to be removed by grasping the top of the shaft and lifting from the bowl. Failure to remove the quad blade assembly before emptying the bowl results in a risk of laceration.
- 39** Remove the Pro Extractor Blades® Assembly from the Nutri Ninja® Cup upon completion of blending. DO NOT store ingredients before or after blending them 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 buildup that can pose a risk of injury. For ingredient storage in the cup, use only spout lid to cover.
- 40** If the appliance overheats, a thermal switch will activate and temporarily disable the motor. To reset, unplug the appliance and allow it to cool for approximately 30 minutes before using again.
- 41** The maximum wattage rating for this appliance is based on the configuration of the Pro Extractor Blades® Assembly and Nutri Ninja Cup. Other configurations may draw less power or current.

## SAVE THESE INSTRUCTIONS

# GETTING TO KNOW YOUR NINJA® WITH NUTRI NINJA® NUTRI BOWL™

## WELCOME!

Congratulations on your purchase. Use this Owner's Guide to learn about the great features of your Ninja. From assembly to use to maintenance, you will find it all in here.

There are a variety of accessories that are compatible with this blender series.

**NOTE:** The top flap of your box shows the select accessories that are included with your model.

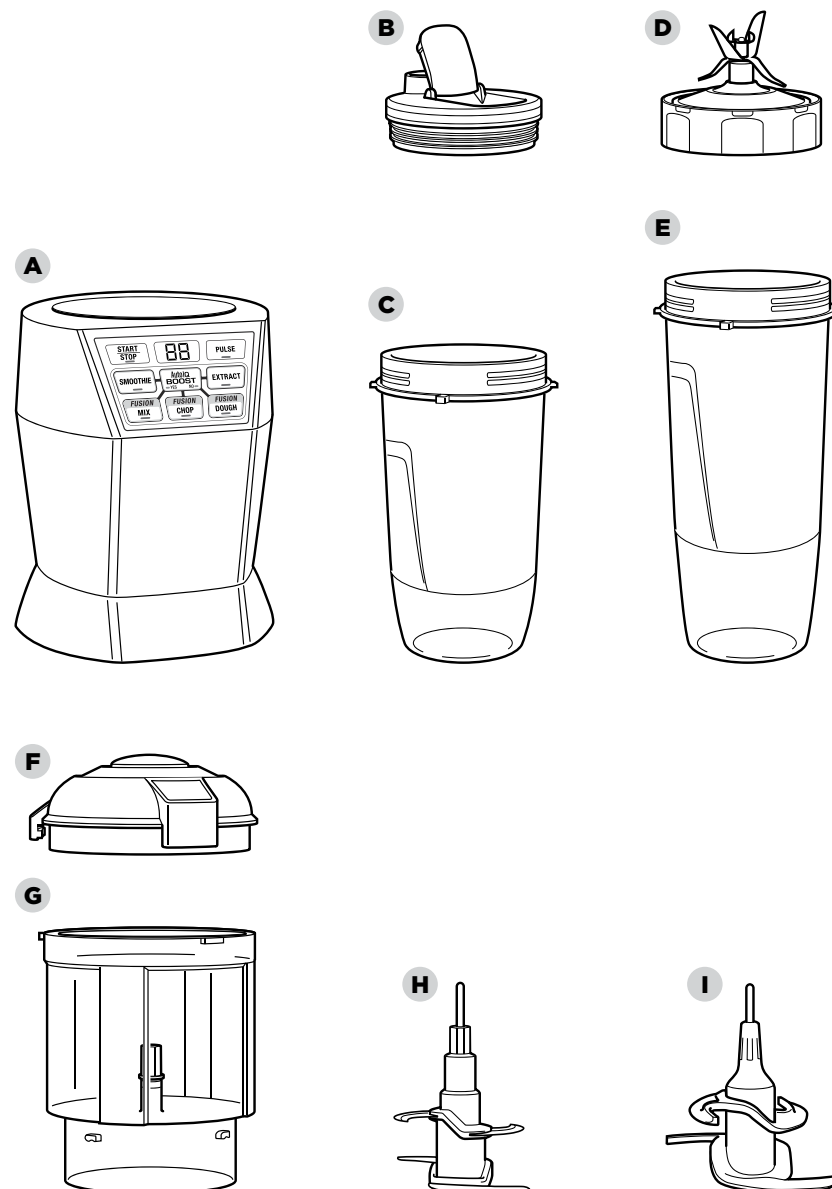
If you have any questions, concerns or feedback, we'd love to hear from you. Give us a call at 0800 862 0453

To learn more about our products and to find great recipes, please visit [ninjakitchen.com](http://ninjakitchen.com)

\* 425 ml max liquid capacity.

## MAIN UNIT

- A** Motor Base
- B** Spout Lid
- C** 650 ml Nutri Ninja Cup
- D** Pro Extractor Blades® Assembly
- E** 900 ml Nutri Ninja Cup
- F** Nutri Bowl™ Lid
- G** Nutri Bowl\*
- H** Quad Blade Assembly
- I** Dough Blade Assembly

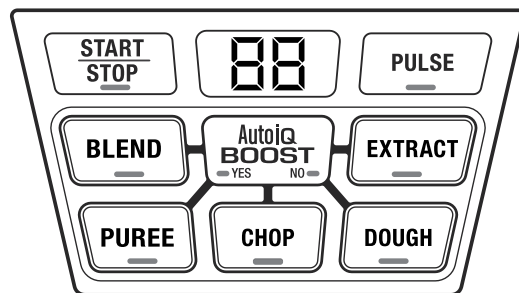


## FEATURES

★ **IMPORTANT:** Review all warnings on pages 4-6 before proceeding.

### DID YOU KNOW?

- You can take your drinks on the go using the Sip & Seal® Lid or spout lid.
- All containers and lids are BPA free.
- Our blades, containers and lids are all dishwasher safe.



### START | STOP

Press once to start running continuously, press again to stop. Timer counts up by seconds, up to 30 seconds. This button can be pressed at any time if you wish to stop the program.

### PULSE

Offers greater control of pulsing and blending. Operates only when the PULSE button is pressed. Use short presses for short pulses.

### Auto-iQ BOOST™

Adds time to any Auto-iQ program so you can control the consistency of your recipes. The BOOST button toggles between YES and NO: select BOOST YES for smoother, creamier results; select BOOST NO for more texture.

### Auto-iQ™ BLEND

Great for creamy, super-smooth drinks made from frozen fruit, ice or dairy products.

### Auto-iQ EXTRACT

Ideal for hard, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

### Auto-iQ PUREE

Delivers the perfect speed and blending time for Nutri Bowl™ creations including smoothie bowls, savory bowls, dips, and sauces.

### Auto-iQ CHOP

Timed pulses and pauses that produce consistent chopping results for a range of recipes, including ingredient prep, salsas, and ground meat. Press Auto-iQ CHOP to start; when ingredients have reached your desired consistency, stop by pressing either START/STOP or CHOP again.

### Auto-iQ DOUGH

Takes all the guesswork out of creating perfect dough for bread, pizza, and decadent desserts.

## BEFORE FIRST USE

- 1 Remove all packaging materials from the appliance. Exercise care when unpacking blade assemblies. All blade assemblies are sharp.
- 2 The quad blade assembly is NOT locked in place in its containers. Handle the quad blade assembly by grasping the top of the shaft.
- 3 Handle the Pro Extractor Blades® Assembly by grasping around the perimeter of the blade assembly base.
- 4 Wash containers, lids and blade assemblies in warm, soapy water using a dishwashing utensil with a handle to avoid direct contact with the blades. Exercise care when handling blade assemblies, as the blades are sharp.
- 5 Thoroughly rinse and air-dry all parts.
- 6 All attachments are dishwasher safe. It is recommended that the lids and blade assemblies be placed on the top rack of the dishwasher. Ensure that blade assemblies are removed from their containers before placing in the dishwasher. Exercise care when handling blade assemblies.
- 7 Wipe the motor base with a clean, damp cloth.

## USING YOUR NUTRI NINJA® CUPS

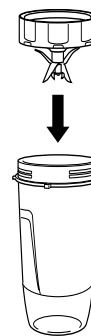
★ **IMPORTANT:** Review all warnings on pages 4-6 before proceeding.

💡 **TIP:** For recommended filling instructions, check out page 19.

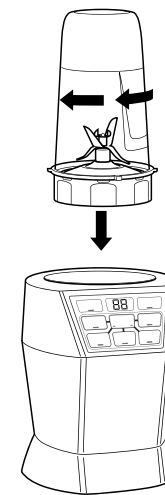
**NOTE:** Auto-IQ™ programs have pauses and changes in speed throughout the cycle.



- 1** Place the unplugged motor base on a clean, dry, and level surface such as a countertop or table. Press downward on the motor base to adhere the suction cups to the work surface. Ensure the motor base is connected to power.
- 2** Add ingredients to the Nutri Ninja Cup. DO NOT add ingredients past the Max Liquid line on the cup.



- 3** Install the Pro Extractor Blades® Assembly onto the top of the cup. Twist the lid clockwise until it's sealed tightly.

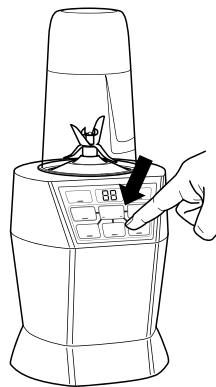


- 4** Turn the Nutri Ninja® Cup upside down and install onto the motor base. Align the tabs on the cup with the slots on the base, then twist until you hear a click. When the unit is connected to power and the container is correctly locked on to the motor base, the program buttons will illuminate and the unit is ready for use.

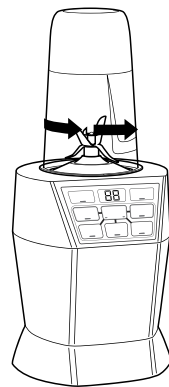
## USING YOUR NUTRI NINJA® CUPS - CONT.

★ **IMPORTANT:** Review all warnings on pages 4-6 before proceeding.

**NOTE:** Auto-iQ™ programs have pauses and changes in speed throughout the cycle.



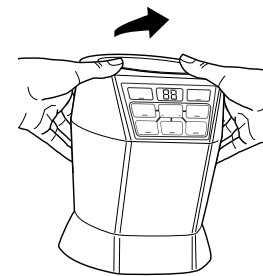
- 5** Select the program that best suits your recipe. The Auto-iQ™ feature will automatically stop the appliance at the end of the program. Non-Auto-iQ settings will run for 30 seconds, after which the appliance will stop automatically. Pressing the start button will allow the product to restart and run for another 30 seconds. To pause the appliance at any time, press the currently active button a second time. Reference page 9 for program descriptions.



- 6** To remove the cup from the motor base, turn the cup counterclockwise and then lift it off the motor base.



- 7** Remove the Pro Extractor Blades® Assembly by twisting the cap counterclockwise. Exercise care when handling the blade assembly, as the blades are sharp.



- 8** Unplug the appliance when finished and release the motor base from the work surface. To release the motor base, gently pull it toward you. Refer to page 20 for storing instructions.



- 9** To enjoy your drink on the go, place the Sip & Seal® Lid or spout lid onto the Nutri Ninja® Cup and twist clockwise until firmly sealed. Do not store blended contents with the Pro Extractor Blades Assembly attached. For storage, only use the Sip & Seal Lid or spout lid to cover.



## USING YOUR NUTRI BOWL™

★ **IMPORTANT:** Review all warnings on pages 4-6 before proceeding.

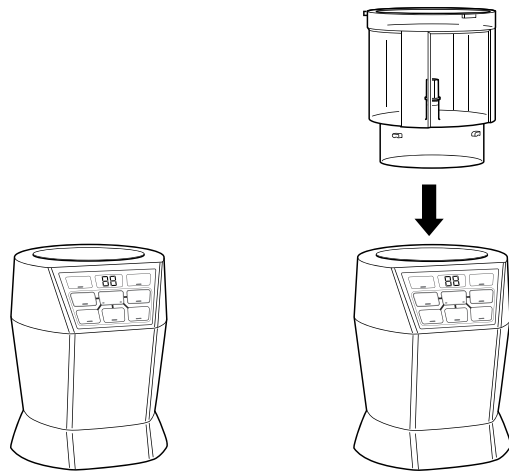
💡 **TIP:** Select BOOST YES for the smoothest, creamiest results—ideal for creamy dips like hummus. Select BOOST NO when a chunkier texture is desired—perfect for dishes like spinach & artichoke dip.

💡 **TIP:** If the blade assembly is not fully seated, you will not be able to install and lock the lid into position.

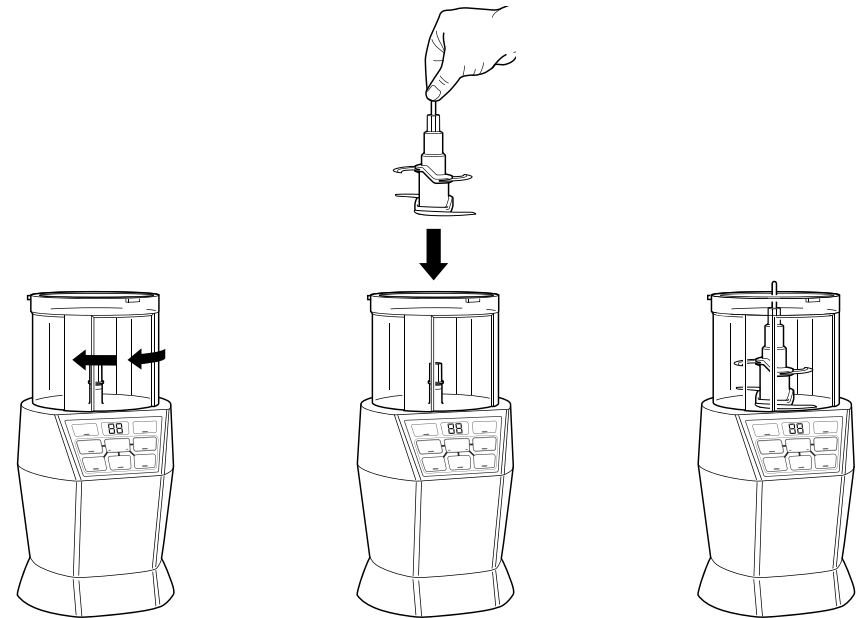
💡 **TIP:** To learn more about the unit's programs, check out page 9.

**NOTE:** DO NOT add ingredients before completing installation of the blade assembly.

**NOTE:** For best results, add wet ingredients first and then add dry ingredients.



- 1 Place the unplugged motor base on a clean, dry, and level surface such as a countertop or table. Press downward on the motor base to adhere the suction cups to the work surface. Ensure the motor base is connected to power.
- 2 Lower the bowl onto the motor base.



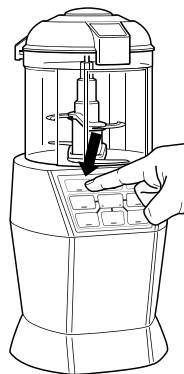
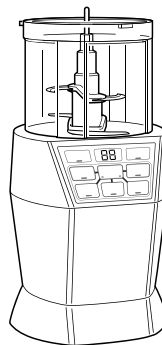
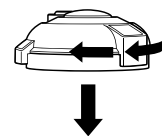
- 3 To lock into place, rotate Nutri Bowl™ to the left until you hear a click.
- 4 Exercising care, grasp the quad blade assembly by the top of the shaft and place it onto the drive gear inside the bowl. Note that the quad blade assembly will fit loosely onto the drive gear.
- 5 Add ingredients to the bowl, making sure not to overfill the bowl.

## USING YOUR NUTRI BOWL™ - CONT.

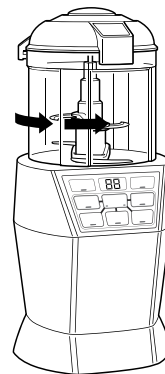
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**NOTE:** Auto-iQ™ programs have pauses and changes in speed throughout the cycle.

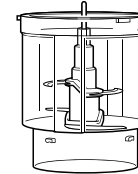
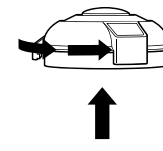
**NOTE:** Please follow the same instructions for the dough blade assembly.



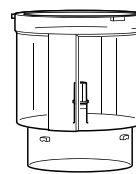
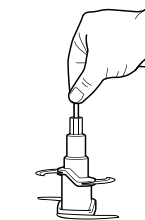
- 6** Place the lid on top of the bowl, aligning the triangle symbol located on the lid with the triangle symbol on the top of the bowl. The triangle symbols **MUST** be aligned in order for the lid to lock into place and the appliance to operate. When the unit is connected to power and the container is correctly locked into the motor base, the program buttons will illuminate and the unit is ready for use.
- 7** Select the program that best suits your recipe. The Auto-iQ™ feature will automatically stop the appliance at the end of the program. Non-Auto-iQ settings will run for 30 seconds, after which the appliance will stop automatically. Pressing the start button will allow the product to restart and run for another 30 seconds. To pause the appliance at any time, press the currently active button a second time. Reference page 9 for program descriptions.



- 8** To remove the bowl from the motor base, turn the bowl counterclockwise and then lift it off the motor base.



- 9** Remove the lid by twisting it counterclockwise and lifting up. Always remove the quad blade assembly before emptying any of the ingredients in the bowl. To remove the quad blade assembly, carefully grasp it by the top of the shaft and lift it out of the bowl.



- 10** Unplug the appliance when finished and release the motor base from the work surface. To release the motor base, gently pull it toward you. Refer to page 20 for storing instructions.

## SUGGESTED USES & FILLING INSTRUCTIONS

★ **IMPORTANT:** Review all warnings on pages 4-6 before proceeding.

### ORDERING REPLACEMENT PARTS

To order additional parts and attachments, please visit [ninjakitchen.eu](http://ninjakitchen.eu) or contact customer service at 0800 862 0453.



### FILLING YOUR NUTRI NINJA® CUP

For best results, always follow recipe directions when filling your Nutri Ninja Cups. When you're not using a recipe, use the following guidelines:

Start with fresh fruit or vegetables (for best results, cut ingredients in 1-inch chunks). Next add leafy greens or herbs, followed by any liquids like water, juice, milk, or yogurt. Then add seeds, powders or nut butters. Lastly, add ice or frozen ingredients. Remember to securely tighten the Pro Extractor Blades® Assembly and don't overfill the cup.

## CARE & MAINTENANCE

### CLEANING

- 1 Separate all parts.
- 2 Wash all containers in warm, soapy water with a soft cloth.
- 3 **Hand Washing**  
Wash blade assemblies in warm, soapy water using a dishwashing utensil with a handle to avoid direct contact with the blades. Exercise care when handling blade assemblies as the blades are sharp. Thoroughly rinse and air-dry all parts.

#### Dishwasher

All attachments are dishwasher safe. It is recommended that the lids, containers and blade assemblies be placed on the top rack of the dishwasher **ONLY**. Ensure that blade assemblies are removed from their containers before placing in the dishwasher. Exercise care when handling blade assemblies.

- 4 Wipe the motor base with a clean, damp cloth. Allow time to dry before operation.

### STORING

Insert the power cord into the storage area underneath the motor base. Store the unit upright and store all blade assemblies inside or attached to their respective containers with their lids locked into place.

DO NOT store blended or unblended ingredients in the Nutri Ninja Cup® with the Pro Extractor Blades® assembly attached.

DO NOT stack items on top of the containers. Store any remaining attachments alongside the appliance or in a cabinet where they will not be damaged or create a hazard.

### RESETTING THE MOTOR THERMOSTAT

This appliance features a unique safety system that prevents damage to the motor and drive system should you inadvertently overload the appliance. If the appliance is overloaded, the motor will be temporarily disabled. Should this occur, follow the reset procedure below.

- 1 Unplug the appliance from the electrical outlet.
- 2 Allow the appliance to cool for approximately 30 minutes.
- 3 Remove the container lid and blade assembly. Empty the container and ensure no ingredients were jamming the blade assemblies.
- 4 Reset the unit in accordance with the applicable instructions for the container and blade type.

**IMPORTANT:** Ensure that maximum capacities are not exceeded. This is the most typical cause of appliance overload.

If your unit needs servicing, please call Customer Service at 0800 862 0453.

# TROUBLESHOOTING GUIDE

**⚠ WARNING:** To reduce the risk of shock and unintended operation, turn power off and unplug unit before troubleshooting.

**Unit doesn't turn on.**

- Make sure unit is plugged in.
- Display will read "--" once connected to power.
- Insert and rotate cup clockwise in base until it clicks. Programs will illuminate indicating that your blender is ready for use.

**Unit doesn't turn off.**

- Remove cup from base by rotating it counterclockwise and lifting it up. Display should turn off. Unplug the power cord from the outlet.

**Lid/Pro Extractor Blades® Assembly is hard to assemble.**

- Set the cup on a level surface. Carefully place the lid or Pro Extractor Blades Assembly on the top of the cup and align the threads so the lid/Pro Extractor Blades Assembly sits flat on the cup. Twist clockwise until you have a tight seal.

**Food is not evenly chopped.**

- For best results when chopping, cut pieces down to even sizes and do no overfill the Nutri Bowl™.

**Doesn't mix well; ingredients get stuck.**

- Using the Auto-iQ™ programs is the easiest way to achieve great results. The pulses and pauses allow the ingredients to settle toward the Pro Extractor Blades Assembly. If ingredients are routinely getting stuck, adding some liquid will usually help.
- When filling the cup, start with fresh fruit or veggies, then leafy greens or herbs. Next add liquids or yogurt, then seeds, powders, or nut butters. Finally, add ice or frozen ingredients.

**Unit moves on counter while blending.**

- Make sure the counter and the suction feet of the unit are clean and dry.

**Unit is difficult to remove from counter for storage.**

- Tip unit forward from the back to disengage the suction feet.

# NOTES



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