



# ELEVATE THE EVERYDAY

Your Ninja® comes with one base and two interchangeable vessels, it easily switches from powerful Nutrient & Vitamin Extractor\* to a versatile Nutrient Fusion\*\* Processor, turning go-to ingredients into inspired drinks, snacks, and meals at the touch of a button. Together, Nutrient Fusion\*\* and Nutrient & Vitamin Extraction\* elevate your whole day. And we've got the delicious recipes and super-smart ingredient swaps to prove it.



\*Extract a drink containing vitamins and nutrients from fruits and vegetables.  
\*\*Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.

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\*Extract a drink containing vitamins and nutrients from fruits and vegetables.  
\*\*Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.



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# CRUISE CONTROL, FOR THE KITCHEN.

Ninja® has set a new standard in drink and meal customization. Auto-iQ Boost™ gives you the power to control the texture and consistency of everything from nutritious juices and smoothies to delectable dips and doughs, all at the touch of a button.



## BLEND



Using frozen fruit? Select **BOOST YES** for the smoothest results. If you're sticking to fresh fruit, you're all set with **BOOST NO**.

## TO BOOST OR NOT TO BOOST?

Selecting **BOOST YES** or **BOOST NO** adds just the right amount of pulses and pauses to get the results you want from each recipe. Use this guide to get the most out of each program on your Nutri Ninja® Nutri Bowl™ DUO™.

## EXTRACT



Select **BOOST YES** if your recipe includes fibrous ingredients with skins and seeds. Otherwise, use **BOOST NO**.

## PURÉE



Nutri Bowl creations are a varied bunch. Choose **BOOST YES** for a smooth consistency; choose **BOOST NO** for a chunkier texture.

## CHOP



Looking for a finer chop of fruits and veggies? Choose **BOOST YES**. Otherwise, choose **BOOST NO**.

## DOUGH



Making dough for pizza or bread? Choose **BOOST YES**. For recipes with extra steps, like pie or cookie dough, choose **BOOST NO**.



## NUTRIENT & VITAMIN EXTRACTION\*

With the Pro Extractor Blades® Assembly and Auto-iQ™, the 1200-watt motor fully breaks down whole foods, ice, and seeds, unlocking the full potential of your fruits and veggies.\*\*



\*Extract a drink containing vitamins and nutrients from fruits and vegetables.

\*\*By blending whole fruits and vegetables, including parts that are usually discarded.

## WAKE-UP EXTRACTIONS



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## NUTRIENT FUSION\*



With a 1200-watt motor, Precision Prep Blades, and Auto-iQ™, the Nutri Bowl™ pulls fresh, wholesome ingredients together to make meals vibrant with flavor and nutrients so you can savor every mouthful.

\*Create a fusion of foods containing nutrients from fruits, vegetables, and other foods.

## SALAD FUSIONS

Recommended program: CHOP



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Recommended program: DOUGH



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## SWEET FUSIONS

Recommended program: DOUGH



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## TIPS FOR YOUR NUTRI NINJA® CUP

### LOADING TIPS

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



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



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



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



**Next add leafy greens and herbs.**



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

### PREP TIPS

For best results, cut ingredients in 2.5cm chunks. Do not place frozen ingredients first in the Nutri Ninja cups.

When loading the Nutri Ninja cup, make sure ingredients do not go past the max fill line.

CAUTION: Remove the Pro Extractor Blades Assembly from the Nutri Ninja 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 buildup that can pose a risk of injury. For ingredient storage, only use Spout Lid to cover.

## TIPS FOR YOUR NUTRI BOWL™

### LOADING TIPS

**Don't overfill the Nutri Bowl or ingredients may not break down evenly. If the ingredients exceed the max fill line, take some out.**



**Add liquid on top, as the last ingredient.**



**Place heavier ingredients, like chicken and root vegetables, on top of the greens and lettuces for best results.**



**Place herbs, lettuces, and greens in the Nutri Bowl first so they are at the bottom.**

### PREP TIPS

Cut all ingredients to 2cm or as designated in each recipe.

Peel bell peppers with a vegetable peeler prior to cutting for best performance.

For chopped salads with a lot of lettuce, chop the toppings separately and then layer them on top of a bed of lettuce.

When loading the Nutri Bowl, make sure ingredients do not go past the max fill line.





# EXTRACTION





## MORNING BERRY

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (300ML) SERVINGS

### INGREDIENTS

1 medium ripe banana  
350ml almond milk  
3 tablespoons honey  
2 tablespoons flaxseed  
225g frozen mixed berries

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



## CITRUS SPLASH

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (300ML) SERVINGS

### INGREDIENTS

1 small ripe banana  
1 orange, peeled, cut in half, seeds removed  
250ml vanilla almond milk  
½ teaspoon ground cinnamon  
1 scoop vanilla protein powder  
65g ice

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES BLEND.
- 3 Remove blades from cup after blending.





## SPICED EYE-OPENER

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (270ML) SERVINGS

### MAIN INGREDIENTS

1 ripe pear, cored, cut in quarters

1cm piece fresh ginger, peeled

20g baby spinach

2 teaspoons fresh lemon juice

Dash salt

70g frozen mango chunks

### CHOOSE ONE

250ml brewed chai tea, chilled

250ml brewed green tea, chilled

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.

DO NOT BLEND HOT INGREDIENTS.



## RISE & SHINE

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 1 (385ML) SERVING

### INGREDIENTS

½ golden delicious apple, peeled, cored, cut in half

5cm piece English cucumber, cut in half

50g green grapes

1 teaspoon hemp hearts

4 mint leaves

1 teaspoon lemon juice

125ml coconut water

65g ice

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES BLEND.
- 3 Remove blades from cup after blending.

### CHOOSE ONE

50g Kale leaves

15g Spinach



# CUCUMBER QUENCH

**PREP:** 5 MINUTES  
**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP  
**MAKES:** 1 (475ML) SERVING

## INGREDIENTS

7.5cm piece English cucumber, peeled, cut in 2.5cm chunks  
100g green grapes  
½ orange, peeled, seeds removed  
10g baby spinach  
125ml water  
65g ice

## CHOOSE ONE

55g honeydew melon chunks  
55g cantaloupe chunks

## DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



# GREEN MATCHA SHOT

**PREP:** 2 MINUTES  
**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP  
**MAKES:** 4 (60ML) SERVINGS

## INGREDIENTS

½ ripe banana  
125ml almond milk  
1 teaspoon white chia seeds  
1 tablespoon matcha powder  
1 ice cube

## DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES SMOOTHIE.
- 3 Remove blades from cup after blending.





## MACA COCO SHOT

**PREP:** 2 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 4 (60ML) SERVINGS

### INGREDIENTS

8 almonds

1 date

½ leaf kale, steam removed

125ml coconut water

1 teaspoon maca powders

### DIRECTIONS

- 1 Place all ingredients into the 650ML Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES EXTRACT.
- 3 Remove blades from cup after blending.



## COCONUT AVOCADO TREAT

**PREP:** 2 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 4 (60ML) SERVINGS

### INGREDIENTS

1 avocado, pit removed, peeled

250ml coconut milk

1 tablespoon agave nectar

### CHOOSE ONE

1 teaspoon lime juice for a tart, citrus flavor

1 tablespoon cacao powder for a sweet, chocolatey flavor

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select Auto-iQ™ BOOST YES BLEND.
- 3 Remove blades from cup after blending.



# CLASSIC PEA SOUP

**PREP:** 5 MINUTES | **COOK:** 10 MINUTES

**CONTAINER:** 650ML OUNCE TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (250ML) SERVINGS

## INGREDIENTS

175g frozen peas,  
thawed

350ml low-salt  
vegetable stock

¼ medium onion

1 stalk celery, cut in  
2.5cm pieces

½ medium carrot,  
peeled, cut in  
2.5cm pieces

½ teaspoon salt

¼ teaspoon ground  
black pepper

## CHOOSE ONE

¼ small bulb fennel,  
cut in 2.5cm pieces

¼ small bulb fennel, cut  
in 2.5cm pieces  
and 4 fresh mint leaves

## DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 40 seconds.
- 3 Remove blades from cup after blending.
- 4 Place soup in a small saucepan and bring to boil, then reduce to a simmer. Cook until heated, about 10 minutes.



# CREAMLESS CAULIFLOWER & CHICKEN SOUP

**PREP:** 5 MINUTES | **COOK:** 10 MINUTES | **COOL:** 20 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (250ML) SERVINGS

## INGREDIENTS

250g cauliflower

700ml low-salt  
chicken stock

1 medium carrot,  
peeled, cut in  
2.5cm pieces

1.25cm piece fresh  
ginger, peeled

½ teaspoon paprika

½teaspoon salt

¼ teaspoon ground  
black pepper

350g cooked chicken,  
diced, warm

## DIRECTIONS

- 1 Place all ingredients, except the chicken, into a medium saucepan. Cook over medium-high heat until cauliflower and carrots are tender, about 10 minutes. Allow mixture to cool, about 20 minutes.
- 2 Place cool mixture into the 650ml Tritan Nutri Ninja Cup.
- 3 Select START/STOP until smooth, about 30 seconds.
- 4 Remove blades from cup after blending.
- 5 Reheat soup in a saucepan. Place cooked to boil, chicken in each bowl and pour hot soup on top.





## HERB MUSTARD MARINADE

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 250ML

### INGREDIENTS

2 lemons, peeled, cut in half, seeds removed

125ml olive oil

65g whole-grain mustard

2 cloves garlic, peeled

1 teaspoon salt

1 teaspoon ground black pepper

### DIRECTIONS

**1** Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.

**2** Select START/STOP until smooth, about 20 seconds.

**3** Remove blades from cup after blending.



## EVERYDAY VINAIGRETTE

**PREP:** 15 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 300ML

### INGREDIENTS

80ml rice wine vinegar

3 garlic cloves, peeled

65g Dijon mustard

½ teaspoon kosher salt

¼ teaspoon ground black pepper

50g light mayonnaise

10g fresh flat-leaf parsley leaves

5g fresh tarragon

5g fresh dill, stems removed

2 scallions, ends trimmed, cut in 2.5cm pieces

225g nonfat cottage cheese

125ml extra-virgin olive oil

### DIRECTIONS

**1** Place all ingredients, into the 650ml Tritan Nutri Ninja Cup in the order listed.

**2** Select START/STOP until desired consistency is reached.



## CHOCOLATE PROTEIN PIZZAZZ

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 1 (410ML) SERVING

### INGREDIENTS

1 ripe banana  
160ml almond milk  
2 ½ tablespoons sunflower butter  
2 ½ teaspoons unsweetened cocoa powder  
1 scoop chocolate protein powder  
175g ice

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 20 seconds.
- 3 Remove blades from cup after blending.



## CHOCO NUT BUTTER PROTEIN SHAKE

**PREP:** 2 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (300ML) SERVINGS

### INGREDIENTS

50g kale, steams removed  
350ml unsweetened coconut milk  
1 scoop chocolate protein powder  
1 medium frozen ripe banana  
100g ice

### CHOOSE ONE

2 tablespoons almond butter for a rich nutty taste  
2 tablespoons peanut butter for a sweet nutty taste

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 20 seconds.
- 3 Remove blades from cup after blending.





## MANGO PROTEIN SHAKE

**PREP:** 2 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (300ML) SERVINGS

### INGREDIENTS

300ml 1% milk

280g frozen mango chunks

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 20 seconds.
- 3 Remove blades from cup after blending.



## STRAWBERRY BANANA PROTEIN SHAKE

**PREP:** 5 MINUTES

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 2 (250ML) SERVINGS

### INGREDIENTS

1 small ripe banana

80g nonfat Greek yogurt

2 scoops protein powder

95g frozen strawberries

### CHOOSE ONE

175ml orange juice

175ml almond milk

### DIRECTIONS

- 1 Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2 Select START/STOP until smooth, about 20 seconds.
- 3 Remove blades from cup after blending.



## FUDGY ICE POPS

**PREP:** 5 MINUTES | **FREEZE:** 8 HOURS

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 6 ICE POPS

### INGREDIENTS

60ml double cream

50g sugar

1 tablespoon unsweetened  
cocoa powder

1 bar (100g) dark chocolate,  
chopped

1 teaspoon vanilla extract

Pinch salt

### CHOOSE ONE

250ml whole milk

250ml almond milk

### DIRECTIONS

**1** Place the whole milk (or almond milk), heavy cream, sugar, and cocoa powder into a saucepan over medium heat. Cook until sugar and cocoa powder are well combined and dissolved, about 10 minutes. Let cool.

**2** Placed cooled milk mixture, chocolate, vanilla, and salt into the 650ml Tritan Nutri Ninja Cup and let sit for 5 minutes.

**3** Select START/STOP until smooth.

**4** Remove blades from cup after blending.

**5** Pour mixture into ice pop molds, and freeze for 8 hours or overnight.

DO NOT BLEND HOT INGREDIENTS.



## VERY BERRY ICE POPS

**PREP:** 5 MINUTES | **FREEZE:** 8 HOURS

**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP

**MAKES:** 4 ICE POPS

### INGREDIENTS

1 tablespoon lemon juice

2 tablespoons honey

125g frozen strawberries

140g frozen blueberries

### CHOOSE ONE

175ml white grape juice

175ml pomegranate juice

### DIRECTIONS

**1** Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.

**2** Select START/STOP until smooth.

**3** Remove blades from cup after blending.

**4** Pour mixture into ice pop molds, and freeze for 8 hours or overnight.



# TROPICAL FRESH FRUIT ICE POPS

**PREP:** 5 MINUTES | **FREEZE:** 8 HOURS  
**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP  
**MAKES:** 4 ICE POPS

## INGREDIENTS

220g mango chunks  
400g pineapple chunks  
2 tablespoon agave nectar

## DIRECTIONS

- 1** Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2** Select START/STOP until smooth.
- 3** Remove blades from cup after blending.
- 4** Pour mixture into ice pop molds, and freeze for 8 hours or overnight.



# MOCHA NINJACCINO™

**PREP:** 5 MINUTES | **FREEZE:** 8 HOURS  
**CONTAINER:** 650ML TRITAN™ NUTRI NINJA® CUP  
**MAKES:** 2 (250ML) SERVINGS

## INGREDIENTS

125ml plus 1 tablespoon double-strength brewed coffee, chilled  
260g ice  
60ml 1% milk  
60ml chocolate syrup, plus more for garnish  
Whipped cream, for garnish

## DIRECTIONS

- 1** Place all ingredients into the 650ml Tritan Nutri Ninja Cup in the order listed.
- 2** Select START/STOP until smooth.
- 3** Remove blades from cup after blending.
- 4** Divide between 2 glasses, top with whipped cream, and drizzle with chocolate syrup.

DO NOT BLEND HOT INGREDIENTS.





## FUSION







## BLT SALAD

**PREP:** 10 MINUTES | **CHILL:** 1 HOUR

**CONTAINER:** NUTRI BOWL™

**MAKES:** 2 (115g) SERVINGS

### INGREDIENTS

½ lettuce, cored, cut in 4cm pieces

7 baby plum tomatoes (about 35g)

30g chunk blue cheese, cut in half

Dressing, for serving

### CHOOSE ONE

4 strips cooked bacon, cut in 4cm pieces

4 strips cooked bacon, cut in 4cm pieces, and ½ avocado, peeled, cut in quarters, pit removed

### DIRECTIONS

- 1 Place all ingredients, except dressing, into the Nutri Bowl in the order listed. Be sure to evenly distribute ingredients.
- 2 Select Auto-iQ™ BOOST YES CHOP.
- 3 Toss salad with dressing just before serving.



### SERVING SUGGESTION

Serve this salad for lunch on some crunchy toast, or for dinner on a fresh bed of greens.

## WINTER GORGONZOLA SALAD

**PREP:** 10 MINUTES

**CONTAINER:** NUTRI BOWL™

**MAKES:** 2 (115g) SERVINGS

### INGREDIENTS

¼ small head radicchio, cored, cut in 3cm pieces

¼ small red onion, cut in 3cm pieces

60g Gorgonzola cheese

Balsamic vinaigrette, for serving

### CHOOSE ONE

½ small apple, cut in 3cm pieces

½ pear, cut in 3cm pieces and 30g dried cranberries

### DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST NO CHOP.
- 3 Toss with balsamic vinaigrette just before serving.



### SERVING SUGGESTION

Serve this salad for lunch on some crunchy toast, or for dinner on a fresh bed of greens.

## GRAPE & WALNUT CHICKEN SALAD

**PREP:** 5 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 3 SERVINGS

### INGREDIENTS

1 celery stalk, cut in quarters	¼ teaspoon onion powder
210g cooked chicken, cooled, cubed	25g red grapes
3 tablespoons walnuts	¼ teaspoon salt
70g mayonnaise	¼ teaspoon ground black pepper
¼teaspoon salt	¼ teaspoon onion powder
¼ teaspoon ground black pepper	¼ cup red grapes

### DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST NO CHOP.



## VEGGIE BURGERS

**PREP:** 15 MINUTES | **COOK:** 15 MINS  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 4 (170g) SERVINGS

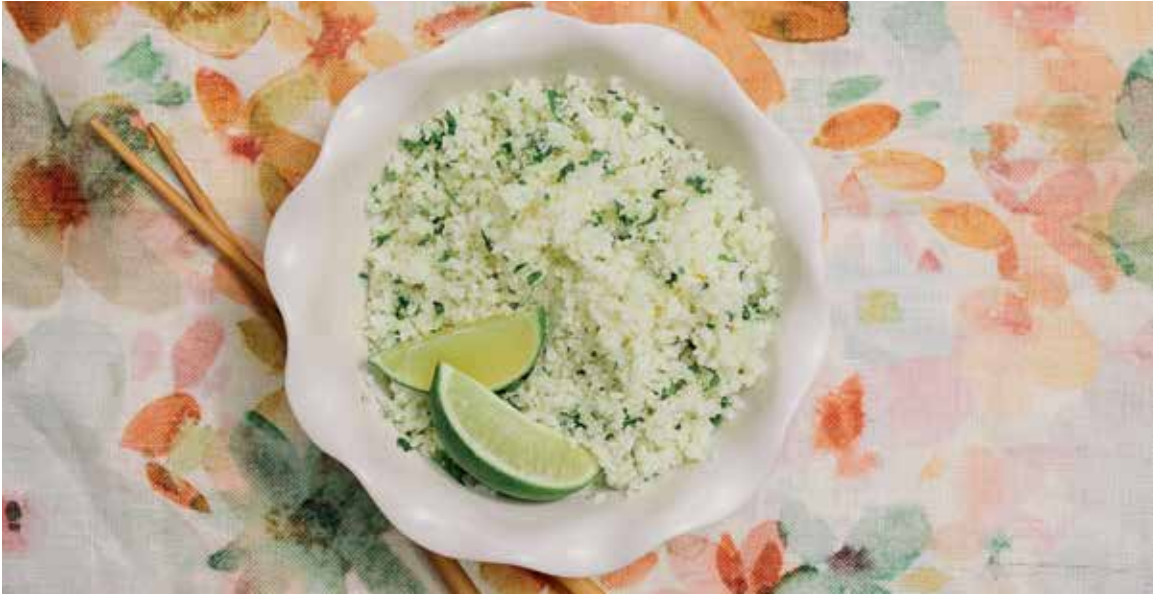
### INGREDIENTS

¼ medium onion	1 teaspoon ground black pepper
½ medium carrot, peeled, cut in 2.5cm pieces	1 tablespoon ground oregano
1 can (425g) white beans, rinsed, drained, divided	½ teaspoon smoked paprika
95g cooked quinoa	1 tablespoon vegetable oil
1 large egg	
65g bread crumbs	
1 teaspoon salt	

### DIRECTIONS

- 1 Place onion and carrot into the Nutri Bowl. Select Auto-iQ™ BOOST NO CHOP.
- 1 Add ½ the white beans to Nutri Bowl. Select Auto-iQ BOOST YES CHOP.
- 2 Transfer onion mixture to a medium mixing bowl. Add remaining white beans, quinoa, egg, bread crumbs, salt, pepper, oregano, and paprika. Stir to combine.
- 3 Divide mixture evenly and shape into 4 patties. Add vegetable oil to a large sauté pan over mediumhigh heat. When oil is hot, add patties. Cook 8 minutes, or until heated through, flipping halfway through cooking.
- 4 Serve over a salad or on toasted buns.





# CAULIFLOWER RICE

**PREP:** 5 MINUTES | **COOK:** 6 MINS  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 2 SERVINGS

## INGREDIENTS

190g cauliflower, cut in 2.5cm florets, divided  
1 clove garlic, peeled  
1 tablespoon olive oil  
1 teaspoon kosher salt

## CHOOSE FROM

5g coriander and juice of 1 lime for a fresh, citrus flavor  
Pinch crushed chillis and ¼ teaspoon ground cumin for a spicy, earthy flavor

## DIRECTIONS

- 1 Place 1 cup cauliflower, cilantro (or chipotle chile pepper and cumin), and garlic into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST NO CHOP.
- 3 Add olive oil to a medium sauté pan over medium-high heat. Allow oil to heat for 1 minute, then add cauliflower mixture and salt. Cook 5 minutes, or until cauliflower is tender, stirring occasionally.
- 4 Add lime juice (if using). Mix well before serving.



# VEGETARIAN SPRING ROLLS

**PREP:** 25 MINUTES | **COOK:** 20 MINS **CONTAINER:** NUTRI BOWL™  
**PREHEAT OVEN :** 190°C **MAKES:** 1 SERVING

## INGREDIENTS

175g green cabbage, cut in 2.5cm pieces  
1 medium carrot, peeled, cut in 2.5cm pieces  
2 scallions, ends trimmed, cut in 2½cm pieces  
1 tablespoon vegetable oil  
3 tablespoons soy sauce  
1 teaspoon cornstarch

½ tsp sesame oil  
½ tsp ground black pepper  
¼ tsp ground ginger  
6 spring roll wrappers  
**CHOOSE FROM**  
1 stalk celery, cut in 2.5cm pieces for a fresh, green taste  
1 mooli radish for a crisp, mild spice

## DIRECTIONS

- 1 Line a baking pan with parchment paper; set aside.
- 2 Place cabbage, carrot, celery (or mooli radish), and green onions into the Nutri Bowl. Select Auto-iQ™ BOOST YES CHOP.
- 3 Add oil to a medium sauté pan over medium- high heat. Once oil is hot, add vegetable mixture. Cook for 4 minutes, stirring occasionally, until vegetables start to wilt.
- 4 In a small bowl, mix soy sauce with cornstarch. Add mixture to pan with vegetables and cook for 1 minute, or until sauce thickens. Remove from heat and let cool.
- 5 Shape mixture into 24 cylinders about ¾ inch wide by 1 inch long. Place on prepared baking pan and bake 25 minutes, or until tots are crispy, gently flipping halfway through.
- 6 Coat egg rolls with cooking spray. Place on prepared baking sheet and bake 16 minutes, or until rolls are crispy and light brown, gently flipping halfway through baking. DO NOT BLEND HOT INGREDIENTS.



# BROCCOLI TOTS

**PREP:** 5 MINUTES | **COOK:** 6 MINS

**PREHEAT OVEN :** 200°C **CONTAINER:** NUTRI BOWL™

**MAKES:** 24 TOTS

## INGREDIENTS

180g broccoli, cut in 3cm florets

¼ small onion, cut in 3cm pieces

1 large egg

50g panko bread crumbs

¼ teaspoon salt

¼ teaspoon ground black pepper

## CHOOSE FROM

55g shredded cheddar cheese

55g shredded pepper jack cheese

DO NOT BLEND  
HOT INGREDIENTS.

## DIRECTIONS

- 1 Line a baking pan with parchment paper and coat with cooking spray; set aside.
- 2 In a medium saucepan, bring 1 quart water to a boil. Blanch broccoli for 1 minute. Remove broccoli and immediately plunge into ice water. Drain well.
- 3 Place cooled broccoli and onion into the Nutri Bowl. Select Auto-iQ™ BOOST NO CHOP.
- 4 Transfer mixture into a medium mixing bowl. Add egg, cheese, bread crumbs, salt, and pepper and mix thoroughly.
- 5 Shape mixture into 24 cylinders about ¾ inch wide by 1 inch long. Place on prepared baking pan and bake 25 minutes, or until tots are crispy, gently flipping halfway through.



## SERVING SUGGESTION

Spice up your toast with a sprinkle of red pepper flakes.

# AVOCADO TOAST

**PREP:** 8 MINUTES | **COOK:** 5 MINUTES

**CONTAINER:** NUTRI BOWL™

**MAKES:** 4 SERVINGS

## INGREDIENTS

1 ripe avocado, pit removed, peeled

1 tablespoon Sriracha sauce

4 sliced Whole wheat bread, toasted

4 sliced cooked streaky bacon, chopped

## DIRECTIONS

- 1 Place avocado and Sriracha into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST NO CHOP.
- 3 Top each slice of toasted bread with pureed avocado and chopped bacon.





# SALMON BURGERS

**PREP:** 10 MINUTES | **COOK:** 6 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 4 SERVINGS

## INGREDIENTS

2 scallions, ends trimmed, cut in 5cm pieces	½ teaspoon ground black pepper
500g uncooked boneless, skinless salmon, cut in 5cm chunks	<b>CHOOSE FROM</b>
1 tablespoon lemon juice	¾ teaspoon crab seasoning and 2 teaspoons Dijon mustard for a classic French taste
1 large egg	2 teaspoons soy sauce and ¾ teaspoon ground ginger for an Asian flair
20g panko bread crumbs	
1 tablespoon salt	

## DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES CHOP, then PULSE 3 times. Form mixture into 4 burgers.
- 3 Spray a nonstick skillet or grill pan with vegetable cooking spray and place over medium-high heat. Add burgers and cook until golden brown and cooked through, about 3 minutes per side.
- 4 Serve on beds of lettuce or on Whole wheat buns with lettuce and tomato.



## INGREDIENT SUGGESTION

Change it up by using boneless chicken breast, salmon, or shrimp.

# TACO NIGHT

**PREP:** 15 MINUTES | **COOK:** 6-8 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 8 SERVINGS

## INGREDIENTS

½ medium yellow onion, cut in 3cm pieces	20g shredded lettuce
500g uncooked boneless turkey breast, cut in 5cm cubes	55g shredded low-fat cheddar cheese
1 tablespoon vegetable oil	20g sliced jalapeno peppers
2 tablespoons chili powder	7g coriander
2 teaspoons cumin	
8 hard taco shells	

## DIRECTIONS

- 1 Place the onion and turkey into the Nutri Bowl. PULSE until finely ground.
- 2 Heat the oil in a medium skillet over medium heat. Sauté turkey mixture for 6 to 8 minutes, or until cooked through. Add chili powder and cumin; stir to combine.
- 3 Assemble each taco with cooked turkey, lettuce, cheese, jalapeño peppers, coriander, and salsa.





# TUNA TARTARE

**PREP:** 5 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 8 SERVINGS

## INGREDIENTS

- |   |  |
|---|--|
| 1cm piece fresh ginger, peeled                          | ¼ teaspoon olive oil                           |
| 2 tablespoons scallions, chopped, plus more for garnish | 225g fresh sushi-grade tuna, cut in 3cm chunks |
| 1 tablespoon soy sauce                                  |  |
| 1 teaspoon lime juice                                   |  |
| 1 teaspoon sesame seeds, plus more for garnish          |  |
| 1 teaspoon wasabi powder                                |  |

## DIRECTIONS

- 1 Place ginger into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST YES CHOP.
- 3 Add remaining ingredients to the Nutri Bowl in the order listed.
- 4 Select Auto-iQ BOOST NO CHOP.
- 5 Garnish with additional scallions and sesame seeds.

*\*Warning: This recipe contains uncooked fish.*



# CRAB CAKES

**PREP:** 10 MINUTES | **COOK:** 6 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 4 SERVINGS

## INGREDIENTS

- |   |   |
|---|---|
| 3 tablespoons light mayonnaise                | 1 tablespoon olive oil  |
| 1 teaspoon Dijon mustard                      | <b>CHOOSE FROM</b>  |
| 1 tablespoon lemon juice                      | 50g roasted red peppers and 2 teaspoons crab seasoning for a sweet, mellow flavor |
| 1 large egg                                   | 20g celery and 2 teaspoons Cajun seasoning for an herbal, spicy flavor            |
| 5g scallions, ends trimmed, cut in 5cm pieces |   |
| 65g unseasoned bread crumbs                   |   |
| 500g jumbo lump crabmeat, shells removed      |   |

## DIRECTIONS

- 1 Place mayonnaise, mustard, lemon juice, egg, scallions, roasted red peppers (or celery), and crab seasoning (or Cajun seasoning) into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST YES CHOP.
- 3 Transfer mixture to a mixing bowl. Add bread crumbs and crabmeat, folding gently. Form mixture into 12 patties and place in refrigerator for 30 minutes to firm up and hold shape.
- 4 In a nonstick sauté pan, heat oil over medium-high heat. Sauté crab cakes until browned on both sides and heated through, about 5 minutes per side.



# MANGO COCONUT SMOOTHIE BOWL

**PREP:** 5 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 2 (250mL) SERVINGS

## MAIN INGREDIENTS

210g frozen mango chunks  
1 tablespoon lime juice  
175ml coconut milk

## CHOOSE ONE

1cm piece fresh ginger, peeled for a bold, sharp taste  
½ teaspoon ground cayenne pepper for a hotter, spicier taste

## TOPPING IDEAS

Macadamia nuts  
Pineapple chunks  
Blueberries  
Coconut flakes  
Granola

## DIRECTIONS

- 1** Place all ingredients into the Nutri Bowl in the order listed.
- 2** Select Auto-iQ™ BOOST YES PURÉE.
- 3** Transfer to bowls and add desired toppings.



## SERVING SUGGESTION

Serve this delicious dessert in waffle-cone bowls for added fun.

# BANANA SPLIT FROZEN TREAT

**PREP:** 4 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 3 (115g) SERVINGS

## INGREDIENTS

½ small frozen ripe banana, cut in quarters  
160g frozen strawberries  
30g walnut halves  
1 tablespoon honey  
125ml single cream

## DIRECTIONS

- 1** Place all ingredients into the Nutri Bowl in the order listed.
- 2** Select Auto-iQ™ BOOST YES PURÉE.
- 3** Serve with whipped cream, sprinkles, and cherries.





# TROPICAL FROZEN TREAT

**PREP:** 2 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 2 (170g) SERVINGS

## INGREDIENTS

105g frozen pineapple chunks  
 105g frozen mango chunks  
 1 tablespoon lime juice  
 175ml macadamia milk

## DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES PURÉE.



# BLUEBERRY LEMON SORBET

**PREP:** 5 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 4 (125g) SERVINGS

## INGREDIENTS

245g frozen blueberries  
 250ml lemonade

## CHOOSE ONE

3 mint leaves for a light, fresh flavor  
 1 teaspoon vanilla extract for a warm, sweet flavor

## DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES CHOP, then select START/STOP for 25 seconds.
- 3 Place sorbet in an airtight container in the freezer for 20 minutes, or until chilled and firm.





# STRAWBERRY MINT SORBET

**PREP:** 5 MINUTES  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 2 (150g) SERVINGS

## INGREDIENTS

190g frozen strawberries  
4 mint leaves  
1 tablespoon coconut sugar

## CHOOSE ONE

125ml pomegranate juice for a tart flavor  
125ml orange juice for a sweet, tangy flavor

## DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES CHOP, then select START/STOP for 25 seconds.



# ALMOND CHIA BITES

**PREP:** 15 MINUTES | **CHILL:** 1 HOUR  
**CONTAINER:** NUTRI BOWL™  
**MAKES:** 24 BITES

## INGREDIENTS

85g almonds  
100g dark chocolate chips  
1 tablespoon coconut oil, melted  
140g almond butter  
1 tablespoon chia seed  
90g old-fashioned rolled oats

## CHOOSE ONE

6 Medjool dates, cut in half, pits removed for a rich, toffee flavor  
3 large dried figs for a mildly sweet taste

## DIRECTIONS

- 1 Place all ingredients into the Nutri Bowl in the order listed.
- 2 Select Auto-iQ™ BOOST YES PURÉE.
- 3 Roll dough into 24 evenly sized bites, about 3cm round. Refrigerate 1 hour before serving.



# COCONUT LIME BARS

**PREP:** 10 MINUTES | **CHILL:** 2 HOURS

**CONTAINER:** NUTRI BOWL™

**MAKES:** 8 SERVINGS

## INGREDIENTS

190g dried apricots

35g pumpkin seeds

2 tablespoons hemp seed

50g unsweetened shredded coconut

1 teaspoon lime zest

1 tablespoon agave nectar

2 tablespoons water

¼ teaspoon salt

## CHOOSE ONE

135g toasted whole macadamia for a creamy, mellow taste

150g toasted, shelled whole pistachios for a rich, sweet flavor

## DIRECTIONS

- 1 Line an 20cm x 20cm baking dish with clingfilm; set aside.
- 2 Place all ingredients into the Nutri Bowl in the order listed.
- 3 Select Auto-iQ™ BOOST YES PURÉE.
- 4 Firmly press mixture evenly into the prepared baking dish. Chill for at least 2 hours before cutting into 16 pieces. Store in the refrigerator, covered, up to 1 week.

DO NOT BLEND HOT INGREDIENTS.



# HOMEMADE GRANOLA BARS

**PREP:** 15 MINUTES | **CHILL:** 30 MINUTES

**CONTAINER:** NUTRI BOWL™

**MAKES:** 18 (4cm) BARS

## INGREDIENTS

2 tablespoons coconut oil, melted

60ml honey

120g granola

15g crispy rice cereal

75g shelled pistachios

50g chocolate chips

## CHOOSE ONE

30g dried cranberries for a more tart taste

35g dried cherries for a sweeter flavour

## DIRECTIONS

- 1 Line an 20cm x 20cm baking dish with clingfilm; set aside.
- 2 Place all ingredients into the Nutri Bowl in the order listed.
- 3 Select Auto-iQ™ BOOST YES PURÉE.
- 4 Spread mixture into prepared baking dish.
- 5 Cover mixture with clingfilm and refrigerate for 30 minutes.
- 6 Cut in 4cm squares before serving.





# CARROT CAKE BITES

**PREP:** 15 MINUTES | **CHILL:** 1 HOUR

**CONTAINER:** NUTRI BOWL™

**MAKES:** 18 SERVINGS

## INGREDIENTS

3 Medjool dates

65g unsweetened applesauce

1 teaspoon vanilla extract

90g rolled oats

30g coconut flour

¼ teaspoon ground cinnamon

⅓ teaspoon ground cardamom

⅓ teaspoon ground ginger

110g shredded carrots

Unsweetened shredded coconut, for garnish

⅓ teaspoon ground nutmeg

## CHOOSE ONE

4 dried apricots for a tart, sweet flavour

2 tablespoons golden raisins for a more mild sweetness

## DIRECTIONS

**1** Place all ingredients, except shredded coconut, into the Nutri Bowl in the order listed.

**2** Select Auto-iQ™ BOOST YES PURÉE.

**3** Roll dough into 18 evenly sized bites, about 2.5cm round. Roll each bite in shredded coconut.

**4** Refrigerate for 1 hour before serving.



# SUPERFOOD BARS

**PREP:** 20 MINUTES | **CHILL:** 1 HOUR

**CONTAINER:** NUTRI BOWL™

**MAKES:** 12 SERVINGS

## INGREDIENTS

170g raw almonds

8 dates, pits removed

35g dried cherries

2 tablespoons unsweetened coconut flakes

1 tablespoon hemp seed

2 teaspoons maple syrup

2 tablespoons toasted pumpkin seeds

1 tablespoon water

## DIRECTIONS

**1** Line an 20cm x 20cm baking dish with clingfilm; set aside.

**2** Place all ingredients, except pumpkin seeds and water, into the Nutri Bowl in the order listed.

**3** Select Auto-iQ™ BOOST YES PURÉE. Scrape down sides of bowl as necessary

**4** Add pumpkin seeds and water to the Nutri Bowl and select Auto-iQ BOOST YES CHOP.

**5** Press mixture firmly into the lined baking dish, cover, and refrigerate at least 1 hour.

**6** Cut mixture into 5cm squares before serving.



# WHOLE WHEAT PIZZA DOUGH

**PREP:** 5 MINUTES | **REST:** 1 HOUR **CONTAINER:** NUTRI BOWL™  
**COOK:** 10-15MINS **PREHEAT OVEN :**230°C AFTER DOUGH HAS RESTED  
**MAKES:** 2 (10 INCH) PIZZA DOUGHS

## INGREDIENTS

1 packet (2 ¼ teaspoons)  
active dry yeast  
1 ½ teaspoons sugar  
160ml warm water  
120g all-purpose flour  
130g whole wheat flour  
½ teaspoon salt  
60ml extra-virgin olive oil

## DIRECTIONS

- 1 Combine the yeast, sugar, and warm water in a small bowl and set aside until foamy, about 5 minutes.
- 2 Position the Dough Blade Assembly in the Nutri Bowl, then add the flours, salt, olive oil, and yeast mixture.
- 3 Select Auto-iQ™ BOOST YES DOUGH.
- 4 Place dough ball into a lightly oiled bowl and cover loosely with clingfilm. Let rise in a warm place for 1 hour or until double in size.
- 5 Cut dough ball in half. Roll out one half to desired thickness and place on a lightly oiled pan. Repeat with other half, or cover in clingfilm and store in freezer for up to 2 months.
- 6 Top with your favourite pizza toppings. Bake 10 to 15 minutes.



# PEAR ROSEMARY FLATBREAD

**PREP:** 15 MINUTES | **REST:** 1 HOUR **CONTAINER:** NUTRI BOWL™  
**COOK:** 10-15MIN **PREHEAT OVEN :**230°C **MAKES:** 4-6 SERVING

## INGREDIENTS

160ml-175ml warm water  
(43°C-46°C)  
1 packet (2 teaspoons) active  
dry yeast  
1 teaspoon salt  
1 tablespoon sugar  
60ml extra-virgin olive oil  
120g organic all-purpose flour

195g whole wheat flour  
Cornmeal, for dusting  
1 large pear, thinly sliced  
2 tablespoons fresh  
rosemary, stems removed,  
chopped.

## CHOOSE ONE

55g shredded Gruyere cheese for a nutty, mellow flavor  
60g crumbled Gorgonzola cheese for a creamy, earthy flavor

## DIRECTIONS

- 1 Position the Dough Blade Assembly in the Nutri Bowl, then add water, yeast, salt, and sugar; PULSE to combine.
- 3 Add oil and flours, and select Auto-iQ™ BOOST YES DOUGH until a loose ball forms. Transfer dough to a lightly oiled bowl and cover. Let rise for 1 hour.
- 4 Sprinkle a 25cm by 40cm baking tray with cornmeal and roll out or press the dough into a thin round. Lay pear slices on top and sprinkle evenly with shredded cheese.
- 5 Bake 10 to 15 minutes, or until cheese has melted and crust is golden brown. Garnish with fresh rosemary.





# WHOLE WHEAT CRACKERS

**PREP:** 8 MINUTES | **COOK:** 14 MINS **CONTAINER:** NUTRI BOWL™  
**PREHEAT OVEN :** 200°C **MAKES:** 1 SERVING

## INGREDIENTS

60g all-purpose flour  
65g whole wheat flour  
½ teaspoon salt  
½ teaspoon ground black pepper  
2 tablespoons cold unsalted butter, cut in 1cm pieces  
80ml water

## CHOOSE ONE

1 teaspoom Italian seasoning for a savory Italian flavour  
1 teaspoon fresh thyme for a classic French flavour.

## DIRECTIONS

- 1 Place all ingredients, except water, into the Nutri Bowl. PULSE until ingredients are combined and butter forms pea-sized pieces.
- 3 Select Auto-iQ™ BOOST YES DOUGH and while machine is running, drizzle in the water until a dough ball forms.
- 4 Turn the dough out onto a large piece of clingfilm. Press it into a 2.5cm thick disk. Wrap tightly in clingfilm and refrigerate for 1 hour.
- 5 Place dough onto a lightly floured surface and roll into a rectangle, about 0.5cm thick. Place the rolled dough onto an ungreased baking tray. Prick dough with a fork and cut in desired cracker shapes.
- 6 Bake 14 minutes, or until light golden brown. Let cool completely.



# TRIPLE-SEEDED BREADSTICKS

**PREP:** 5 MINUTES | **REST:** 1 1/2 HOURS **CONTAINER:** NUTRI BOWL™  
**COOK:** 15-20MINS **PREHEAT OVEN :** 190°C AFTER DOUGH HAS RESTED  
**MAKES:** 6 BREAD STICKS

## INGREDIENTS

60g all-purpose flour  
65g whole wheat flour  
1 ½ teaspoon active dry yeast  
1 ½ teaspoon sugar  
¼ teaspoon salt  
3 teaspoon sunflower seeds, divided  
2 teaspoon poppy seeds, divided

**FUSION** | WHOLE GRAIN

3 tsp sesame seeds, divided  
80ml plus 1 tablespoon warm water  
4 tablespoon olive oil, divided  
**CHOOSE ONE**  
¾ tsp coriander for a floral flavour  
2 teaspoons fresh rosemary, stems removed, finely chopped for a piney flavour

## DIRECTIONS

- 1 Position the Dough Blade Assembly in the Nutri Bowl, then add flour, yeast, sugar, salt, coriander (or rosemary), 1½ teaspoons sunflower seeds, 1 tablespoon poppy seeds, 1 ½ teaspoon sesame seeds, water, and 2 tablespoon oil.
- 2 Select Auto-iQ™ BOOST YES DOUGH
- 3 Place dough ball into a lightly oiled bowl, cover loosely with clingfilm and let rise in a warm place for 1 ½ hours, or until it doubles in size.
- 4 Line a baking tray with parchment paper. Set aside.
- 5 Divide dough into 6 equal portions and roll into 12cm ropes, about 1½cm thick. Place onto prepared baking tray and bake 15 to 20 minutes, or until golden brown.
- 6 Remove from oven and brush each breadstick with remaining 2 tablespoon olive oil. Sprinkle remaining seeds on top.



## QUICK FRIED RICE

**PREP:** 15 MINUTES

**CONTAINER:** NUTRI BOWL™

**MAKES:** 4 (115g) SERVINGS

### INGREDIENTS

1 medium carrot, peeled,  
cut in 2½cm pieces

½ small onion, peeled, cut in  
quarters

2 cloves garlic, peeled

1cm piece fresh ginger, peeled

1 package 100% brown rice  
(90-second cook time)

1 tablespoon peanut oil

45g peas

½ tsp sesame oil

1 ½ tbsp soy sauce

2 scallions, thinly sliced

¼ tsp red pepper flakes

### DIRECTIONS

- 1 Place carrot, onion, garlic, ginger, and brown rice into the Nutri Bowl.
- 2 Select Auto-iQ™ BOOST NO CHOP.
- 3 Heat peanut oil in a large skillet over medium high heat. Add rice and vegetable mixture and cook for 5 minutes, stirring occasionally. Stir in peas, sesame oil, soy sauce, scallions, and red pepper flakes. Cook until heated through.

DO NOT BLEND HOT INGREDIENTS.



### SERVING SUGGESTION

Enjoy atop a bowl of fresh berries for a quick and impressive dessert.

## DARK CHOCOLATE CHIP MOUSSE

**PREP:** 5 MINUTES

**CONTAINER:** NUTRI BOWL™

**MAKES:** 3 CUPS (4-6 SERVINGS)

### INGREDIENTS

350ml coconut cream, chilled

60ml dark chocolate syrup

70g chocolate chips

### DIRECTIONS

1. Place all ingredients into the Nutri Bowl in the order listed.
2. Select Auto-iQ™ BOOST NO PURÉE.





# APPLE CIDER MUFFINS

**PREP:** 10 MINUTES | **CONTAINER:** NUTRI BOWL™  
**COOK:** 20MINS **PREHEAT OVEN :**175°C  
**MAKES:** 12 MUFFINS

## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 1 medium apple, cored, cut in 3cm pieces                    | 120g all-purpose flour     |
| 175ml apple cider   | 150g brown sugar, packed   |
| 2 large eggs  | 60g granola                |
| 2 tablespoon vegetable oil                                  | 1 tablespoon baking powder |
| Zest and juice of 1 medium lemon (1 tablespoon lemon juice) | ½ teaspoon ground cinnamon |
| 130g whole wheat flour                                      | ½ teaspoon salt            |

## DIRECTIONS

- 1 Lightly spray a standard 12-cup muffin tin with nonstick cooking spray, or use muffin liners.
- 2 Place apple in the Nutri Bowl. Select Auto-iQ™ BOOST YES CHOP. Transfer chopped apple to a large mixing bowl; set aside.
- 3 Place cider, eggs, oil, lemon zest, and lemon juice into the Nutri Bowl. Select Auto-iQ BOOST NO PURÉE.
- 4 Add remaining ingredients to the Nutri Bowl. Select Auto-iQ BOOST NO PURÉE.
- 5 Pour batter over chopped apples and stir gently to combine.
- 6 Pour into prepared muffin tin. Bake 20 minutes, or until golden brown and cooked through.



# CHOCOLATE CHIP COOKIES

**PREP:** 10 MINUTES | **CONTAINER:** NUTRI BOWL™  
**COOK:** 10-12MINS **PREHEAT OVEN :** 190°C  
**MAKES:** 20 COOKIES

## INGREDIENTS

- |  |  |
|--|--|
| 1 egg  | ½ tsp salt                                   |
| 50g plus 2 tbsp granulated sugar                 | ½ tsp baking soda                            |
| 55g plus 2 tbsp brown sugar                      | <b>CHOOSE ONE</b>                            |
| 1 stick unsalted butter, cut in pieces, softened | 200g chocolate chips                         |
| ½ tsp vanilla extract                            | 200g chocolate chips and 65g chopped walnuts |
| 120g plus 2 tbsp flour                           |  |

## DIRECTIONS

- 1 Position the Dough Blade Assembly in the Nutri Bowl, then add egg, sugars, butter, and vanilla. Select Auto-iQ™ BOOST NO DOUGH.
- 2 Add flour, salt, and baking soda to the Nutri Bowl. Select Auto-iQ BOOST YES DOUGH until just combined.
- 3 Transfer dough to a large mixing bowl. Stir in chocolate chips.
- 4 Scoop heaping teaspoons of dough onto an ungreased baking sheet, about 5cm apart.
- 5 Bake 10 to 12 minutes, or until golden brown.

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