

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



NINJA  
Foodi

POWER  
PITCHER SYSTEM

15+ delicious recipes



# Your guide to blending, prepping, and mixing like a Foodi™.

Welcome to the Ninja® Foodi™ Power Pitcher System recipe book. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothies bowls and nut butters to frozen drinks, smoothies, salsas, and cookie dough—all in your kitchen system. Now let's get started.

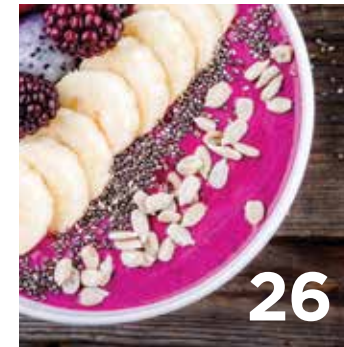
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For more exciting delicious recipes,  
visit [ninjakitchen.com](http://ninjakitchen.com)

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# Using the Power Nutri™ Cup

Tips to help you create smoothies and nutrient extractions\* to take on the go.

Use the **SMOOTHIE** program to combine your favorite fresh or frozen ingredients, liquids, and powders.

Use the **EXTRACT\*** program for tough, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

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

## Load it up

**Do not go past the MAX LIQUID line when loading the cup.**

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.



### PREP TIPS

For best results, cut ingredients in 1" pieces. Place frozen ingredients in the cup last.

BUILT-IN  
Power Paddle

Twist

# Introducing the POWER NUTRI™ BOWL

It's never been easier to create thick and spoonable smoothie bowls, nut butters, and more. All you have to do is twist the Power Paddle while blending to push ingredients down toward the blade. It's like having a built-in tamper.



### DID YOU KNOW?

Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

## Smoothie bowl for one

### USING THE POWER NUTRI™ BOWL



1.

Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line.

**ALWAYS DO THIS FIRST.**



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

**If using açai or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



4.

Screw on the blade assembly and install the bowl on the motor base.

Select **BOWL** and press **START/STOP**. Twist the Power Paddle counterclockwise **continuously** while processing.

5.

After blending is complete, add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.





# Smoothie bowls for a crowd

## USING THE POWER PITCHER



1.

With the Stacked Blade Assembly installed in the pitcher, add 2 cups of milk, or milk alternative such as soy, coconut, almond, or oat milk.

**ALWAYS DO THIS FIRST.**



2.

Add 4 cups **frozen fruit, directly from freezer**, and/or açaí or dragon fruit packets.

Cut larger fruit, like bananas, in quarters.

**If using açaí or dragon fruit packets, thaw slightly and cut in quarters.**



3. (Optional)

Amplify your base by adding 2 scoops of yogurt, flavor powder, protein powder, and/or nut butter.



4.

Install lid, then install pitcher on the motor base. Use the dial to select **BOWL** and press **START/STOP**. If more blending is needed, run on Speed 10 until combined.

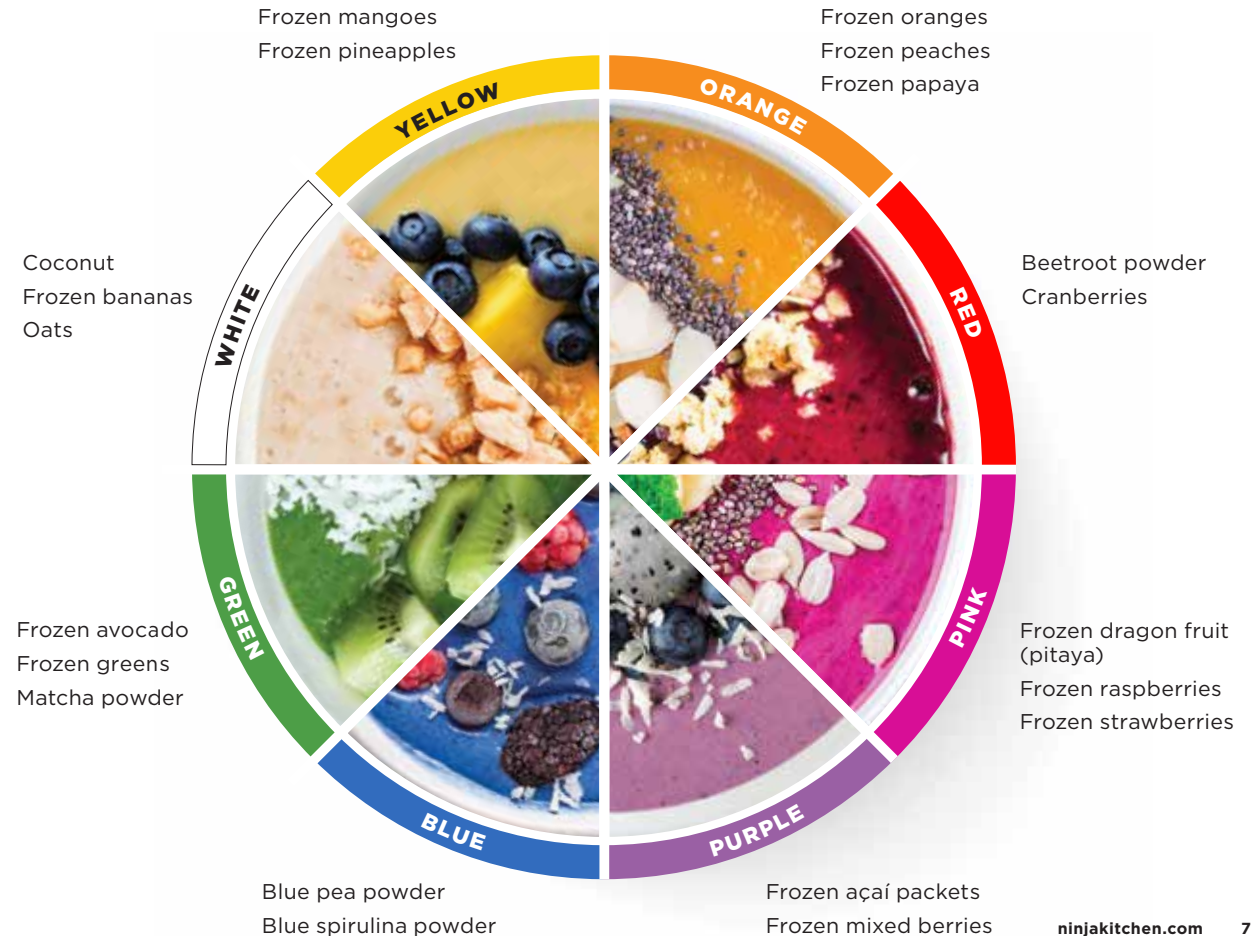
5.

After blending is complete, remove lid and blade assembly. Serve in separate bowls then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



# Smoothie bowl color guide

Trying to make your bowl pop in a certain color? Use this ingredient guide to achieve the look you want.



# Blending 101

Tips to set yourself up for blending success.

## Do not go past the MAX LIQUID line when loading the pitcher.

Overfilling the pitcher with ingredients may harm the unit when in use. For best and smoothest results, follow the loading order below.

- 5  Top off with ice or frozen ingredients.
- 4  Next add any dry or sticky ingredients like seeds, powders, and nut butters.
- 3  Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid.
- 2  Next add leafy greens and herbs.
- 1  Start with fresh fruits and vegetables. For best results, cut into 1" pieces.



# Food prep 101

Tips to simplify your food processing and chopping.

Total Crushing® and Chopping Blade Assembly (Stacked Blade)



## PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 2" pieces, and broccoli or cauliflower florets into 1" pieces. Cut ingredients such as onions in quarters.



## PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 2" cubes.

## CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop, and three times for a mince.



**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

# Dough basics 101

Tips and tricks for creating the perfect dough.



## KNEADING

Once a dough ball forms, remove it from the pitcher and place it on a lightly floured surface. Hand-knead the dough ball by folding the dough in half toward you. Then, using the palms of your hands, push the dough away from you. Re-fold, then turn dough ball 45 degrees and repeat. Kneading is complete when the dough is no longer sticky, is smooth on the outside, and bounces back when pressed with your fingers.



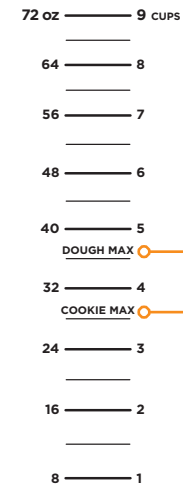
## PROOFING

Usually done for breads, proofing is when the dough is allowed to **rest and rise** one last time before baking. It gives bread a light and airy texture.

To create ideal proofing conditions, heat oven to 170°F. Place dough ball in a greased oven-safe bowl and cover loosely with plastic wrap. Once the oven has reached temperature, turn the oven off and place the bowl in the oven. Allow to proof in the residual heat until dough has doubled in size.



Dough Blade Assembly



For best dough mixing results, do not exceed the **MAX** dough lines, **DOUGH MAX** and **COOKIE MAX**, when filling the Power Pitcher. If a recipe exceeds these **MAX** lines, we recommend reducing the recipe by half. Refer to the chart below for unit conversions.

## KITCHEN CONVERSION CHART

ORIGINAL AMOUNT	HALF THE AMOUNT
1 cup	1/2 cup
3/4 cup	6 tbsp
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 tbsp + 2 tsp
1/4 cup	2 tbsp
1 tbsp	1 1/2 tsp
1 tsp	1/2 tsp
1/2 tsp	1/4 tsp
1/4 tsp	1/8 tsp

# Dough basics 101 cont.

Loading tips for making different doughs and batters.



## COOKIES

Unit can make a max of 24 one (1) ounce cookies at a time.

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins, and nuts). Stir to combine.



## BISCUITS, PIES & SCONES

Unit can make a max of 8 biscuits of scones or one 12" round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Use the dial to select DOUGH, then press START/STOP.
- 2 Add cold liquids (such as cold milk or water) and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine, if needed.



## PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 12" round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Use the dial to select DOUGH, then press START/STOP.
- 2 Remove dough ball and knead to combine, if needed.



## CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 12" round cake, one 8" x 8" pan brownies, 12 muffins, or one 8" x 4" loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs, and liquids (such as vanilla extract). Use the dial to select DOUGH, then press START/STOP.
- 2 Add all dry ingredients and run the DOUGH program again. If more mixing is needed, run on Speed 2 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press iQ/Manual and with Speed 1 selected, press START/STOP. Blend until combined.

### DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

### DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of pitcher and dough ball forms.



# DOUGH KICKSTARTER

## Pizza Dough

**PREP:** 20 MINUTES | **RISE:** 45 MINUTES  
**CONTAINER:** 72-OUNCE POWER PITCHER | **BAKE:** 20-25 MINUTES

### INGREDIENTS

1 (.25 oz.) packet active dry yeast	1/2 cup olive oil
1 teaspoon granulated sugar	3 cups all-purpose flour
1 cup warm water (110°-115°F)	1 teaspoon kosher salt

### DIRECTIONS



Install the dough blade in the 72-ounce Power Pitcher. Place the yeast, sugar, and warm water in the pitcher and allow to sit for 5 minutes.



After 5 minutes, add the olive oil, flour, and salt. Install the lid, then select DOUGH and press START/STOP.



Remove dough ball from pitcher and knead for two minutes. Refer to the Dough basics 101 page for information on how to knead.



Place dough ball in a lightly oiled bowl. Cover loosely with plastic wrap and allow to rise for 45 minutes or until dough has doubled in size. Refer to the Dough basics 101 page for tips on how to rise/proof the dough.



Once dough ball has risen, preheat oven to 425°F. Roll dough out into a 12" round and place on a greased baking sheet.



Add your favorite pizza toppings and bake for 20 to 25 minutes or until golden brown.

**TIP** Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.

# Choose your own adventures



## Quick bread or muffins

### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Pick 1 fruit or veggie:**
  - 1 1/4 cup fruit or veggies, cut in 2" pieces, such as:
    - Banana, apple, pear, peach, mango
    - Carrot, zucchini, cooked pumpkin, cooked sweet potato, cooked butternut or acorn squash
  - 2 tablespoons cold water (only if using raw veggies)
- 3 **Run CHOP program twice**

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Add all ingredients:**
  - 2 eggs
  - 1/2 cup canola oil
  - 1 cup granulated sugar
  - 1/4 cup brown sugar
  - 1 teaspoon extract of choice: vanilla lemon, orange, almond
- 3 **Run DOUGH program once**



### Step 3

- 1 **Add ingredients:**
  - 2 cups flour
  - 2 teaspoons baking powder
  - Seasoning/spices of choice (cinnamon, nutmeg, ground ginger)
- 2 **Run DOUGH program once**
  - If more mixing is needed, run on Speed 2 until combined.

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 4

- 1 **Add mix-ins, such as:**
  - 1/2 cup walnuts, pecans, chocolate chips, dried fruit, and/or seeds
- 2 **Use Manual Speed 1, select START/STOP; blend until combined**
- 3 **Pour into prepared baking dish and bake at 350°F:**
  - 12 muffins: 15-20 minutes
  - One 8" x 4" loaf: 50-60 minutes

## Chopped salads



### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
  - 1/2 small onion, peeled, cut in 2" pieces
  - 1 stalk celery, cut in 2" pieces
  - 1 pickle, cut in 2" pieces
  - 1/4 cup fresh herbs: parsley, cilantro, basil dill
- 3 **Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
  - 1 pound cooked chicken or turkey, cut in 2" pieces
  - 4 cans (5 ounces each) tuna or crab meat, drained
  - 1 pound smoked salmon
  - 12 hard-boiled eggs, whole

### Step 3

- 1 **Add ingredients:**
  - 1/4 – 1/2 cup mayo, yogurt, or dressing
  - 2 tablespoons mustard
  - Juice of 1 lemon
- 2 **Add optional seasonings and mix-ins, such as:**
  - Curry powder, chipotle powder, paprika, cumin and/or ranch dressing
  - 1/4 cup nuts and/or dried fruit
- 3 **Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

### Step 4

- 1 **Serve:**
  - In sandwiches
  - On toast
  - On beds of lettuce

## Meat dishes



### Step 1

- 1 **Install Stacked Blade in pitcher**
- 2 **Add ingredients:**
  - 1/2 small onion, peeled, cut in 2" pieces
  - 2 cloves garlic, peeled
  - 1/4 cup fresh parsley leaves
- 3 **Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

- 1 **Swap out Stacked Blade for Dough Blade**
- 2 **Pick a protein, such as:**
  - 1 pound ground beef, turkey, pork, chicken, or lamb

### Step 3

- 1 **Add ingredients (meatloaf and meatballs only):**
  - 1 egg, 1/4 cup milk, and 1/2 cup breadcrumbs
- 2 **Add optional seasonings & mix-ins, such as:**
  - Chipotle powder, taco seasoning, Italian seasoning
  - 1/4 cup shredded cheese of choice
- 3 **Use Manual Speed 1, select START/STOP. Blend until desired consistency is reached**

### Step 4

- 1 **Shape into meatballs or patties or place in a prepared loaf pan, then cook until internal temperature reaches 165°F.**
  - One 8" x 4" meatloaf: 350°F for 40 minutes
  - 12 meatballs: 375°F for 30–40 minutes
  - 4 burgers: medium-high heat for 5–10 minutes

## Egg dishes



### Step 1

**1 Install Stacked Blade in pitcher**

**2 Add all ingredients:**

- 1/2 small onion, peeled, cut in 2" pieces
- 1/2 small bell pepper, cut in 2" pieces
- 1/4 cup fresh parsley leaves

**3 Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

**1 Swap out Stacked Blade for Dough Blade**

**2 Add all ingredients:**

- 8 eggs
- 1/4 cup milk
- 1/2 cup shredded cheese of choice
- 1/2 cup heavy cream (quiches and stratas only)

### Step 3

**1 Add mix-ins, such as:**

- 1 cup cooked veggies or meat: Asparagus, broccoli, kale, spinach, butternut squash, cauliflower, tomato, zucchini, sweet potato, sausage, ham, bacon

**2 Use Manual Speed 1, select START/STOP; blend until desired consistency is reached**

### Step 4

**1 Pour into prepared baking dish and bake at 375°F:**

- Muffin tin frittatas: 20–25 mins
- One 9" quiche: 45–55 mins
- One 8" x 8" strata: 30–35 mins

## Veggie dishes



### Step 1

**1 Install Stacked Blade in pitcher**

**2 Pick 2 veggies, such as:**

- 1/2 small onion, peeled, cut in 2" pieces
- 1/2 small bell pepper, cut in 2" pieces
- 1 stalk celery, cut in 2" pieces
- 1/2 carrot, cut in 2" pieces

**3 Pick 2 aromatics (optional):**

- 2 cloves garlic, peeled
- 1-inch piece of ginger, peeled
- 1/4 cup fresh parsley leaves
- 1/4 cup fresh cilantro leaves

**4 Run CHOP program twice**

**TIP** Use a rubber spatula to scrape down sides of pitcher, as needed.

### Step 2

**1 Select a vegetable, such as:**

- 1 can beans (15.5 ounces), drained, such as black beans, chickpeas
- 12 ounces cooked broccoli
- 12 ounces cooked cauliflower
- 1 can (14 ounces) jackfruit, drained, shredded

**2 Run CHOP program twice**

### Step 3

**1 Swap Stacked Blade for Dough Blade**

**2 Choose binding ingredients:**

- 1 (15.5 ounce) can beans, drained, such as black beans, chickpeas
- 1 egg and 1/2 cup breadcrumbs
- OR
- 1/2–1 cup shredded cheese
- 1 egg and 1/2 cup breadcrumbs

**3 Add optional seasonings & mix-ins, such as:**

- Taco seasoning, curry, BBQ, ranch, chipotle
- 1/4 cup Frozen or fresh, corn, peas or nuts

### Step 4

**1 Shape into desired form or place in prepared pan, then cook:**

- Veggie burgers: medium-high heat for 8 mins
- Veggie tots: 450°F for 20–25 minutes
- Fillings: 400°F for 30–40 minutes
- Stuffing: 400°F for 40–45 minutes



POWER NUTRI™ BOWL EXCLUSIVE

# TROPICAL SMOOTHIE BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 14-OUNCE POWER NUTRI BOWL

**MAKES:** 1 SERVING

## INGREDIENTS

Coconut milk

Frozen pineapple chunks

Frozen mango chunks

Sweetener of choice, as desired

## DIRECTIONS

- 1 Pour coconut milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2 Add frozen pineapple and mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select BOWL, then press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4 Remove blades from bowl after blending.
- 5 Decorate with toppings of your choice and serve.

POWER NUTRI  
BOWL





POWER NUTRI™ BOWL EXCLUSIVE

# AÇAÍ BERRY BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 14-OUNCE POWER NUTRI BOWL

**MAKES:** 1 SERVING

## INGREDIENTS

Almond milk

1 packet (3.5 ounces) açai puree, slightly thawed,  
cut in quarters

Frozen mixed berries

Sweetener of choice, as desired

POWER NUTRI  
BOWL



## DIRECTIONS

- 1** Pour almond milk into the 14-ounce Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add quartered açai puree and frozen mixed berries and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3** Select BOWL and press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 4** Remove blades from bowl after blending.
- 5** Decorate with toppings of your choice and serve.



POWER PITCHER EXCLUSIVE

## DRAGON FRUIT BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 1 SERVING

### INGREDIENTS

2 cups coconut milk

2 cups frozen dragon fruit

2 cups frozen pineapple chunks

Sweetener of choice, as desired

POWER  
PITCHER



STACKED BLADE

### DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher.
- 2 Add ingredients to the pitcher in the order listed then install the lid.
- 3 Select BOWL, then press START/STOP. If more blending is needed, run on Speed 10 until combined.
- 4 Remove lid and stacked blade from pitcher after blending.
- 5 Decorate with toppings of your choice and serve.



POWER PITCHER EXCLUSIVE

## MANGO TANGO BOWL

**PREP:** 5 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 1 SERVING

### INGREDIENTS

2 cups whole milk

1 1/3 cups frozen mango chunks

1 1/3 cups frozen strawberries

1 1/3 cups frozen peach slices

Sweetener of choice, as desired

POWER  
PITCHER



STACKED BLADE

### DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher.
- 2 Add ingredients to the pitcher in the order listed then install the lid.
- 3 Select BOWL then press START/STOP. If more blending is needed, run on Speed 10 until combined.
- 4 Remove lid and blade assembly from pitcher after blending.
- 5 Decorate with toppings of your choice and serve.





POWER NUTRI™ BOWL EXCLUSIVE

# ALMOND BUTTER

**PREP:** 5 MINUTES

**CONTAINER:** 14-OUNCE POWER NUTRI BOWL

**MAKES:** 1 CUP

## INGREDIENTS

1½ cups roasted almonds

2 tablespoons canola oil

## DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select SPREAD and press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.

**TIP** For a smoother consistency, run the SPREAD program again.

**TIP** For best cleaning results, wash the Power Nutri Bowl and blade assembly in the dishwasher.

POWER NUTRI  
BOWL





POWER NUTRI™ BOWL EXCLUSIVE

# ROASTED RED PEPPER HUMMUS

**PREP:** 5 MINUTES

**CONTAINER:** 14-OUNCE POWER NUTRI BOWL

**MAKES:** 1 SERVING

## INGREDIENTS

- 1 1/2 cups chickpeas, drained
- 1 roasted red pepper, cut in quarters
- 2 cloves garlic, peeled
- 1/2 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/4 teaspoon paprika
- Kosher salt, as desired
- Ground black pepper, as desired

## DIRECTIONS

- 1 Place all ingredients in the 14-ounce Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select SPREAD and press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.

POWER NUTRI  
BOWL



**TIP** For best cleaning results, wash the Power Nutri Bowl and blade assembly in the dishwasher.



POWER PITCHER EXCLUSIVE

# MEATBALLS

**PREP:** 10 MINUTES

**COOK:** 40 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 4 SERVINGS

## INGREDIENTS

1/4 cup milk

1/2 cup bread crumbs

1/4 small onion, peeled, cut in 2-inch pieces

2 cloves garlic, peeled

1/4 cup parsley leaves, chopped

1 pound uncooked ground beef

1/4 cup shredded Parmesan

1/2 teaspoon crushed red pepper

1 egg, beaten

Kosher salt, as desired

Ground black pepper, as desired

2 tablespoons all-purpose flour

1 tablespoon canola oil

1 jar (25 ounces) marinara or pasta sauce

POWER  
PITCHER



STACKED BLADE

POWER  
PITCHER



DOUGH BLADE

## DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Combine milk and bread crumbs in a small bowl and set aside.
- 3 Install stacked blade in the 72-ounce Power Pitcher. Place onion, garlic, and parsley in pitcher. Select CHOP and press START/STOP. Once processing is complete run CHOP program again.
- 4 Remove stacked blade. Install dough blade.
- 5 Place beef, bread crumb mixture, Parmesan, chili flakes, egg, salt, and pepper in pitcher.
- 6 Select Speed 1 and run until desired consistency is reached. Remove lid and dough blade.
- 7 Using your hands or a 1" scoop, form meat mixture into 12 meatballs. Coat in flour.
- 8 Heat a large sauté pan over medium high heat. Add oil, and cook meatballs until golden brown, turning frequently.
- 9 Pour pasta sauce into an 8" x 8" baking dish. Place meatballs into dish and place casserole dish in oven. Cook meatballs for 40 minutes or until the internal temperature reaches 165°F.

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.



POWER PITCHER EXCLUSIVE

## CRAB CAKES

**PREP:** 5 MINUTES  
**CHILL:** 15 MINUTES  
**COOK:** 8 MINUTES  
**CONTAINER:** 72-OUNCE POWER PITCHER  
**MAKES:** 8 CRAB CAKES

### INGREDIENTS

1/2 baguette (6 ounces), cut in 1-inch cubes  
1/2 red bell pepper, cut in quarters  
1/2 red onion, peeled, cut in half, ends trimmed  
2 cloves garlic, peeled  
2 cans (6 ounces each) jumbo lump crab meat  
1/4 cup mayonnaise  
1/4 cup all-purpose flour  
Juice of half a lemon  
3 green onions, sliced  
1/4 cup canola oil  
Kosher salt, as desired  
Ground black pepper, as desired

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.

POWER  
PITCHER



STACKED BLADE

### DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher.
- 2 Place cubed baguette in the pitcher. Select PULSE to create bread crumbs. When processing is complete, transfer bread crumbs to a bowl and set aside.
- 3 Place red pepper, onion, and garlic in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
- 4 Remove lid and stacked blade. Transfer chopped vegetable mixture to a mixing bowl. Add crab meat, mayonnaise, flour, lemon juice, green onion, and 1 cup of the reserved breadcrumbs and mix evenly.
- 5 Place mixture in the refrigerator to chill for 15 minutes.
- 6 After mixture has chilled, stir in the remaining bread crumbs, divide mixture into 8 sections, and form into patties.
- 7 Heat canola oil in a pan over medium-high heat and cook crab cakes for 4 minutes on each side or until golden brown.
- 8 Remove crab cakes from pan and season with salt and pepper as desired.



POWER PITCHER EXCLUSIVE

# CAULIFLOWER FRIED RICE

**PREP:** 5 MINUTES

**COOK:** 10 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 2-3 SERVINGS

## INGREDIENTS

1 head cauliflower, cut in 1-inch florets

2 tablespoons canola oil

1 tablespoon garlic, minced

1 tablespoon ginger, peeled, grated

1 cup frozen mixed vegetables  
(corn, peas, carrots, green beans, etc.)

2 tablespoons soy sauce

Kosher salt, as desired

Ground black pepper, as desired

3 green onions, sliced

Sesame seeds, for garnish

POWER  
PITCHER



STACKED BLADE

## DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher. Place cauliflower in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
- 2 Heat oil in a pan over medium-high heat, then sauté garlic and ginger until golden brown.
- 3 Remove lid and stacked blade. Add riced cauliflower, vegetables, soy sauce, salt, and pepper to the pan and cook until cauliflower is tender and vegetables are warmed through, for about 8 minutes.
- 4 Garnish with green onions and sesame seeds and serve.

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.



POWER PITCHER EXCLUSIVE

# VEGGIE BURGERS

**PREP:** 5 MINUTES

**COOK:** 8 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 4 BURGERS

## INGREDIENTS

- 1/2 red onion, peeled, cut in half
- 2 cloves garlic, peeled
- 2 cans black beans, rinsed, drained, divided
- 1 canned chipotle pepper in adobo sauce, plus 3 teaspoons adobo sauce
- 2 teaspoons ground cumin
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons salsa
- 1 egg
- 1/2 cup panko breadcrumbs
- 1/2 cup corn (fresh, canned, or thawed frozen)
- 2 tablespoons canola oil
- 1 head butter lettuce, leaves separated
- 1 avocado, sliced

## DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher. Place onion and garlic in the pitcher. Select CHOP and press START/STOP.
- 2 When program is complete, add half the beans, then add the chipotle pepper, adobo sauce, cumin, salt, pepper, salsa, and egg to pitcher. Select CHOP and press START/STOP.
- 3 Once processing is complete, run CHOP program again.
- 4 When program is complete, remove stacked blade from pitcher and transfer black bean mixture to a bowl. Add breadcrumbs, corn, and remaining black beans to the bowl and combine evenly.
- 5 Form 4 patties with the mixture. Heat oil in a pan over medium-high heat, then cook burgers for 4 minutes on each side.
- 6 When cooking is complete, serve burgers nested in lettuce leaves and topped with sliced avocado.

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.

POWER  
PITCHER



STACKED BLADE



POWER PITCHER EXCLUSIVE

## FRESH CITRUS MARGARITA

**PREP:** 10 MINUTES

**CONTAINER:** 72-OUNCE POWER 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 Install stacked blade in the 72-ounce Power Pitcher, then place all ingredients into the pitcher in the order listed
- 2 Press iQ/MANUAL, then press START/STOP. Turn dial to steadily increase from speed 1 to speed 10 and blend until desired consistency is reached.

POWER  
PITCHER



STACKED BLADE



POWER PITCHER EXCLUSIVE

# SESAME SEED BUNS

**PREP:** 10 MINUTES

**RISE:** 15 MINUTES

**BAKE:** 13-15 MINUTES

**CONTAINER:** 72-OUNCE POWER PITCHER

**MAKES:** 8 BUNS

## INGREDIENTS

- 1 tablespoon active dry yeast
- 2 tablespoons white sugar
- 1 cup warm water (110-115°F)
- 1/4 cup warm whole milk (110-115°F)
- 1 1/2 teaspoons kosher salt
- 2 eggs, divided
- 2 tablespoons unsalted butter, softened
- 3 1/2 cups all-purpose flour
- 1 tablespoon milk
- 1 tablespoon sesame seeds

**TIP** Dough too dry? Dough too wet? Add 1 tablespoon of water or flour at a time and pulse until combined.

**TIP** For best cleaning results, wash the Power Pitcher, lid, and blade assembly in the dishwasher.

POWER  
PITCHER



DOUGH BLADE

## DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2 Install dough blade in the 72-ounce Power Pitcher. Stir together yeast, sugar, warm water, and warm milk and pour into pitcher. Allow to sit for 5 minutes.
- 3 After 5 minutes, add salt, 1 egg, butter, and flour to the pitcher. Select DOUGH and press START/STOP. If more mixing is needed, run on Speed 2 until combined.
- 4 Transfer dough to a floured work surface and knead a few times with your hands, then form it into a ball. Cut the dough ball into 8 pieces. Shape each piece into a ball and place evenly spaced apart on the prepared baking sheet.
- 5 Loosely cover the dough balls with a clean kitchen towel and let rise for 15 minutes.
- 6 While the dough is rising, mix remaining 1 egg with 1 tablespoon milk in a small bowl. After 15 minutes, remove towel and brush the tops of the buns with the egg wash, then sprinkle with sesame seeds.
- 7 Bake for 13 to 15 minutes or until golden brown.





POWER NUTRI™ CUP EXCLUSIVE

## CREAMSICLE SMOOTHIE

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE POWER NUTRI CUP

**MAKES:** 1 SERVING

### INGREDIENTS

1 1/2 cups frozen peach slices

1 orange, peeled, cut in quarters, seeds removed

1/4 cup vanilla Greek yogurt

1/2 cup orange juice

POWER  
NUTRI CUP



### DIRECTIONS

- 1 Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select SMOOTHIE and press START/STOP.
- 3 Remove blades from cup after blending.



POWER NUTRI™ CUP EXCLUSIVE

## MINT PINEAPPLE REFRESHER

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE POWER NUTRI CUP

**MAKES:** 1 SERVING

### INGREDIENTS

- 1/2 green apple, cut in quarters
- 1 cup pineapple, cut in 1-inch chunks
- 1/2 teaspoon lime juice
- 5 mint leaves
- 1/4 cup coconut water
- 2 ice cubes

### DIRECTIONS

- 1 Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select EXTRACT and press START/STOP.
- 3 Remove blades from cup after blending.

POWER  
NUTRI CUP



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



POWER NUTRI™ CUP EXCLUSIVE

## GINGER ORANGE EXTRACT

**PREP:** 5 MINUTES

**CONTAINER:** 24-OUNCE POWER NUTRI CUP

**MAKES:** 1 SERVING

### INGREDIENTS

1-inch piece ginger, peeled, cut in quarters

1 orange, peeled, cut in quarters

1/3 cup raspberries

1/2 cup orange juice

1/2 cup frozen pineapple chunks

1/2 cup frozen mango chunks

POWER  
NUTRI CUP



### DIRECTIONS

- 1 Place all ingredients in the 24-ounce Power Nutri Cup in the order listed, then install the blade assembly.
- 2 Select EXTRACT and press START/STOP.
- 3 Remove blades from cup after blending.

**NOTES**

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**NINJA**  
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**POWER  
PITCHER SYSTEM**

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