

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



NINJA
Foodi

**POWER
PITCHER SYSTEM**

25+ 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.

For more exciting delicious recipes, visit 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



Introducing the XL 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.

Smoothie bowl for one

USING THE XL POWER NUTRI™ BOWL

DID YOU KNOW?

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



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 milk, or milk alternative such as soy, coconut, almond, or oat milk up to the **16 oz. line**.

ALWAYS DO THIS FIRST.



2.

Add **frozen fruit, directly from freezer**, and/or açai or dragon fruit packets up to the **44 oz. 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 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 8 until combined.

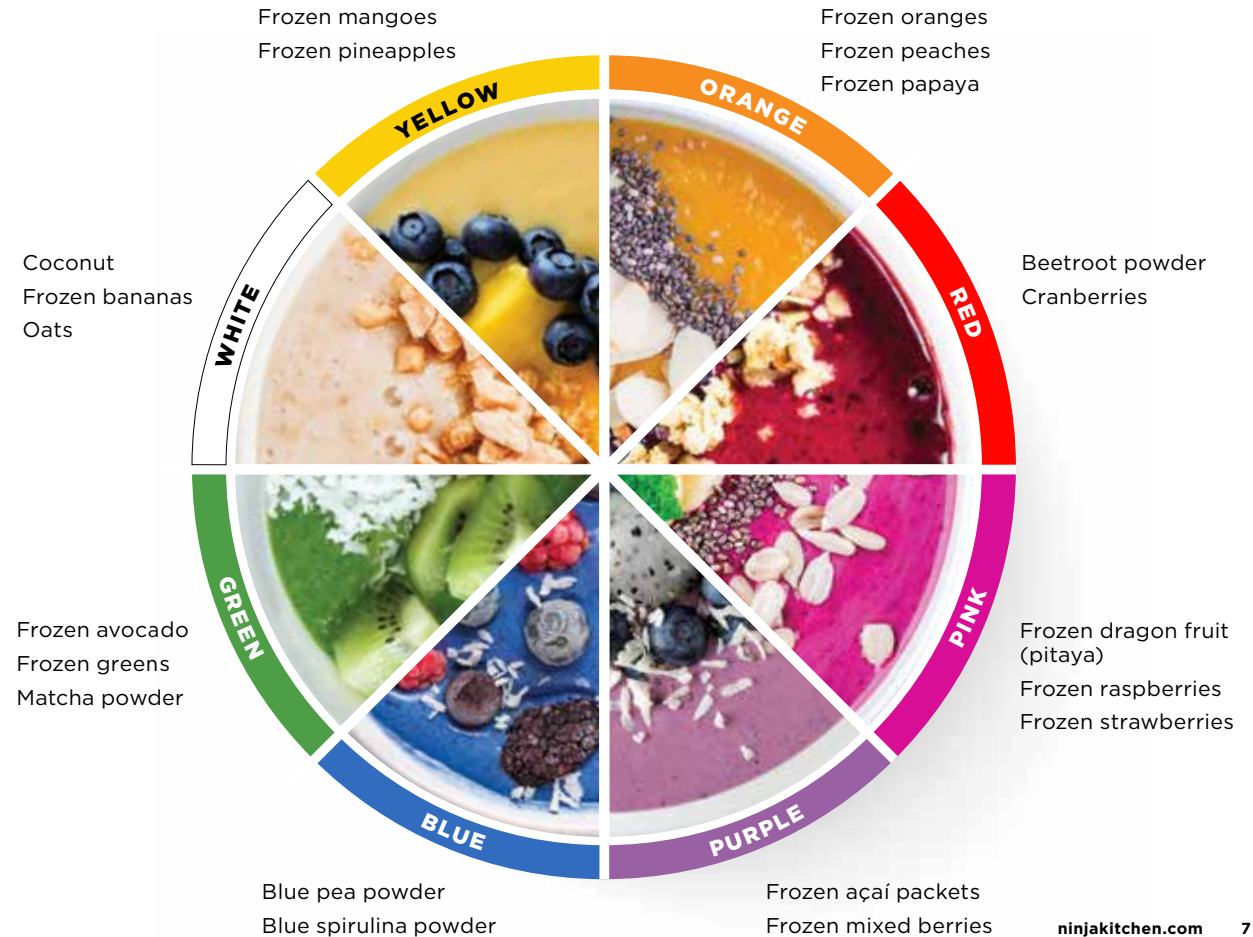
5.

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.



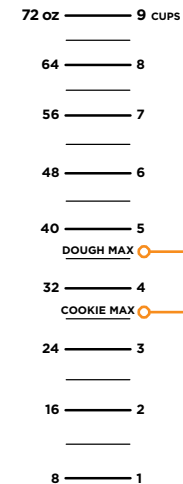
PROOFING

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	1/2 tbsp
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

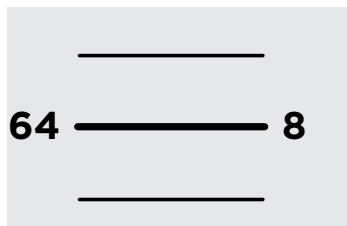
DIRECTIONS



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



XL POWER NUTRI™ BOWL EXCLUSIVE

TROPICAL SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL 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 18-ounce XL 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.

**XL POWER
NUTRI BOWL**





XL POWER NUTRI™ BOWL EXCLUSIVE

AÇAÍ BERRY BOWL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL 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

XL POWER
NUTRI BOWL



DIRECTIONS

- 1** Pour almond milk into the 18-ounce XL 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, 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.



XL POWER NUTRI™ BOWL EXCLUSIVE

GREEN POWER BOWL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Soy milk

Frozen kale

Frozen mango chunks

Frozen pineapple chunks

Sweetener of choice, as desired

DIRECTIONS

- 1** Pour soy milk in the 18-ounce XL Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen kale, mango, and pineapple 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.

**XL POWER
NUTRI BOWL**



TIP If you're not a fan of kale, spinach is a great substitute.



XL POWER NUTRI™ BOWL EXCLUSIVE

PEANUT BUTTER & JELLY SMOOTHIE BOWL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Whole milk

Frozen banana

Frozen strawberries

3 tablespoons peanut butter

DIRECTIONS

- 1** Pour milk into the 18-ounce XL Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen banana and strawberries and peanut butter 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.

TIP For best results, ensure banana has been frozen for 12+ hours.

TIP For XL Power Nutri Bowl cleaning instructions, refer to the Owner's Guide or Quick Start Guide.

**XL POWER
NUTRI BOWL**





POWER PITCHER EXCLUSIVE

DRAGON FRUIT BOWL

PREP: 5 MINUTES

CONTAINER: 72-OUNCE POWER PITCHER

MAKES: 3-4 SERVINGS

INGREDIENTS

Coconut milk

Frozen dragon fruit

Frozen pineapple chunks

Sweetener of choice, as desired

POWER
PITCHER



STACKED BLADE

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher.
- 2 Pour coconut milk into the pitcher, filling to the 16 oz. line.
- 3 Add frozen dragon fruit and frozen pineapple and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install the lid.
- 4 Select BOWL, then press START/STOP. If more blending is needed, run on Speed 8 until combined.
- 5 Remove lid and stacked blade from pitcher after blending.
- 6 Decorate with toppings of your choice and serve.



POWER PITCHER EXCLUSIVE

MANGO TANGO BOWL

PREP: 5 MINUTES

CONTAINER: 72-OUNCE POWER PITCHER

MAKES: 3-4 SERVINGS

INGREDIENTS

Whole milk

Frozen mango chunks

Frozen strawberries

Frozen peach slices

Sweetener of choice, as desired

POWER
PITCHER



STACKED BLADE

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Power Pitcher.
- 2 Pour whole milk into the pitcher, filling to the 16 oz. line.
- 3 Add frozen mango chunks, frozen strawberries, and frozen peaches and sweetener (optional) up to, but not exceeding, the 44 oz. line. Install the lid.
- 4 Select BOWL, then press START/STOP. If more blending is needed, run on Speed 8 until combined.
- 5 Remove lid and stacked blade from pitcher after blending.
- 6 Decorate with toppings of your choice and serve.



XL POWER NUTRI™ BOWL EXCLUSIVE

ALMOND BUTTER

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 CUP

INGREDIENTS

- 2 cups roasted almonds
- 3 tablespoons canola oil

DIRECTIONS

- 1 Place all ingredients in the 18-ounce XL 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 XL Power Nutri Bowl and blade assembly in the dishwasher.

**XL POWER
NUTRI BOWL**





XL POWER NUTRI™ BOWL EXCLUSIVE

ROASTED RED PEPPER HUMMUS

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

2 cups chickpeas, drained

2 roasted red pepper, roughly chopped

2 cloves garlic

1 tablespoon lemon juice

2 tablespoon olive oil

1/2 teaspoon paprika

Kosher salt, as desired

Ground black pepper, as desired

DIRECTIONS

- 1 Place all ingredients in the 18-ounce XL 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.

**XL POWER
NUTRI BOWL**



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



XL POWER NUTRI™ BOWL EXCLUSIVE

EDIBLE COOKIE DOUGH 3 WAYS

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 4 SERVINGS EACH

INGREDIENTS

DOUGH

2 1/3 cups (18 ounces) chickpeas, drained, liquid reserved

1/4 cup chickpea liquid

3 tablespoon honey

1 1/2 tablespoon vanilla

1/3 cup peanut butter

1/2 teaspoon kosher salt

MIX-INS

S'mores

1/4 cup chocolate chunks

1/4 cup mini marshmallows

1/4 cup broken-up graham cracker

Chocolate Chip

1/2 cup mini chocolate chips

Oatmeal Raisin

1/4 cup old-fashioned oats

1/4 cup raisins

Recipe Info:

Chickpeas have become a common ingredient in vegan cookie dough recipes, providing a creamy and delicious texture. Chickpeas are also high in protein and fiber, making them healthier than traditional dough. Their subtle flavor makes for a great-tasting option.

TIP For XL Power Nutri Bowl cleaning instructions, refer to the Owner's Guide or Quick Start Guide.

**XL POWER
NUTRI BOWL**



DIRECTIONS

- 1 Place all dough ingredients in the 18-ounce XL Power Nutri Bowl in 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. Use a spatula to scoop dough mixture into a bowl and fold in the mix-ins of your choice.



XL POWER NUTRI™ BOWL EXCLUSIVE

BLACK BEAN DIP

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 4 SERVINGS

INGREDIENTS

- 1 (14-ounces) can black beans, drained & rinsed
- 1/3 cup salsa
- 3 garlic cloves, peels removed
- 2 teaspoon lime juice
- 2 teaspoon cumin
- 1 teaspoon water
- 1/4 teaspoon kosher salt
- 1/4 cup cilantro

DIRECTIONS

- 1 Place all ingredients in the 18-ounce XL Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select BOWL, then press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.

XL POWER
NUTRI BOWL





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

POWER
PITCHER



STACKED BLADE

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 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 8 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 PITCHER EXCLUSIVE

BANANA BREAD

PREP: 5 MINUTES

BAKE: 50-60 MINUTES (LOAF); 20-25 MINUTES (MUFFINS)

CONTAINER: 72-OUNCE POWER PITCHER

MAKES: 1 LOAF OR 12 MUFFINS

INGREDIENTS

1-2 over-ripe medium bananas, cut in quarters

2 eggs

1/2 cup canola oil

1 cup white sugar

1/4 cup brown sugar

1 teaspoon vanilla

2 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon kosher salt

1 teaspoon ground cinnamon

MIX-INS

Chocolate chips

Chopped nuts, such as walnuts

POWER
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STACKED BLADE

POWER
PITCHER



DOUGH BLADE

DIRECTIONS

- 1 Preheat oven to 350°F. Grease a 8" x 4" loaf pan or 12-cup muffin tin and set aside.
- 2 Install stacked blade in the 72-ounce Power Pitcher. Place banana in the pitcher. Select CHOP and press START/STOP. Once processing is complete, run CHOP program again.
- 3 When program is complete, remove stacked blade. Install dough blade in the pitcher, then add eggs, oil, sugars, and vanilla. Select DOUGH and press START/STOP.
- 4 When program is complete, add remaining ingredients to the pitcher. Select DOUGH and press START/STOP. If more mixing is needed, run on Speed 2 until combined.
- 5 When program is complete, add 1/2 cup of mix-ins of your choice (optional). Use Manual Speed 1, select START/STOP; bend until combined.
- 6 Pour batter into prepared pan and bake for 50 to 60 minutes (loaf) or 20 to 25 minutes (muffins), or until a wooden toothpick inserted in the center comes out clean.

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

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



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

ORANGE RASPBERRY SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE POWER NUTRI CUP

MAKES: 1 SERVING

INGREDIENTS

2 oranges, peeled, cut in quarters

1/4 cup vanilla Greek yogurt

1/2 cup milk

1 cup frozen raspberries

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.
- 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

GREEN REFRESHER

PREP: 5 MINUTES

CONTAINER: 24-OUNCE POWER NUTRI CUP

MAKES: 1 SERVING

INGREDIENTS

1/4 cup cucumber, cut in 1-inch pieces

1/2 cup honeydew, cut in 1-inch pieces

1-inch piece ginger, peeled, cut in quarters

1/2 cup baby spinach

1/2 cup coconut water

1 cup frozen pineapple 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 SMOOTHIE and press START/STOP.
- 3** Remove blades from cup after blending.



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.



XL POWER NUTRI™ BOWL EXCLUSIVE

BLUEBERRY FRO-YO

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

2 cups frozen blueberries

1/2 cups vanilla Greek yogurt

Sweetener of choice, as desired

DIRECTIONS

- 1 Place all ingredients in the 18-ounce XL Power Nutri Bowl in the order listed, then install the blade assembly.
- 2 Select BOWL, then press START/STOP. Twist the Power Paddle counterclockwise continuously while blending until program is complete.
- 3 Remove blades from bowl after blending.
- 4 Garnish with toppings, if desired, and serve immediately.

**XL POWER
NUTRI BOWL**





XL POWER NUTRI™ BOWL EXCLUSIVE

STRAWBERRY SORBET

PREP: 5 MINUTES

CONTAINER: 18-OUNCE XL POWER NUTRI BOWL

MAKES: 1 SERVING

INGREDIENTS

Limeade

Frozen strawberries

**XL POWER
NUTRI BOWL**



DIRECTIONS

- 1** Pour limeade into the 18-ounce XL Power Nutri Bowl, filling to the Liquid Fill line.
- 2** Add frozen strawberries 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.



POWER PITCHER EXCLUSIVE

SNICKERDOODLE COOKIES

PREP: 5 MINUTES

BAKE: 10-15 MINUTES

CONTAINER: 72-OUNCE POWER PITCHER

MAKES: 24 COOKIES

INGREDIENTS

1 tablespoon ground cinnamon

1 1/4 cups white sugar, divided

1 stick (1/2 cup) butter, cut in 1/2 inch pieces, softened

1 egg

1/2 teaspoon kosher salt

1/2 teaspoon baking soda

1 1/2 cups all-purpose flour

POWER
PITCHER



DOUGH BLADE

DIRECTIONS

- 1 Preheat oven to 350°F. Stir together cinnamon and 1/4 cup sugar in a small bowl and set aside.
- 2 Install the dough blade in the 72-ounce Power Pitcher, then add remaining 1 cup sugar, butter, and egg. Select DOUGH and press START/STOP.
- 3 When program is complete, add salt, baking soda, and flour to the pitcher. Select DOUGH and press START/STOP. If more mixing is needed, run on Speed 2 until combined.
- 4 When program is complete, roll dough into 1-inch balls, coat evenly with cinnamon-sugar mixture, and place on a cookie sheet.
- 5 Bake for 10 to 15 minutes or until golden brown.

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

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

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**POWER
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