

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



NINJA® ULTRA
PREP

THE ULTIMATE FOOD & DRINK MAKER

40 Delicious Recipes



MORE. MORE. AND MORE.

Get ready to bring creativity, fun, and versatility to your kitchen. This mini kitchen system puts incredible culinary capabilities in the palm of your hand. Create everything from drinks and dips, to meals and desserts, all with a pulse of the Power Pod.

TABLE OF CONTENTS

BREAKFAST	6
BEVERAGES	10
DIPS & SAUCES	30
SOUPS	42
MAINS & SIDES	48
DESSERTS	66

AVOCADO
TOAST

8



18



36

SPICY
BURRITO
BOWL

54

BAKED
FALAFEL

62



74

GET TO KNOW YOUR BLADES



TOTAL CRUSHING® & POWER CHOPPING

Crush ice into delicious margaritas or chop veggies into salsa.



HIGH-SPEED BLENDING & NUTRIENT EXTRACTION*

Turn the toughest ingredients into your favorite smoothies, dips, and dressings.



DOUGH & BATTER MIXING

Mix doughs and batters for main dishes and desserts.



LOADING YOUR JAR

Before adding ingredients, insert the blade securely inside the jar, and then load your ingredients in the order shown below. Never fill past the Max Liquid line.

5

Top off with dry or sticky ingredients like seeds, powders, and nut butters.

4

Pour in liquid or yogurt next.

3

Next add leafy greens and herbs.

2

Add fresh fruits and vegetables.

1

Start with ice or frozen ingredients.



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

MEET THE POWER POD

When it comes to blending, food processing, or mixing, you can't get any more hands-on than this. The Ninja® Ultra Prep™ gives you the power of one-touch pulsing, so you have complete control over the consistency of your ingredients.



PULSING WITH THE POD



COARSE & FINE CHOP
Use short pulses of 1/2 to 1 second.



ICE TO SNOW
Use 1-second pulses, then run continuously.



TEXTURED PUREE
Use 1-second pulses until desired consistency.



NUTRIENT EXTRACTION*
Use 1-second pulses, then run continuously.



SMOOTH PUREE
Use 1-second pulses, then run continuously.



DRESSINGS
Use 1-second pulses until desired consistency.



COOKIE DOUGH
Use 1-second pulses, then run continuously.



PIZZA DOUGH
Run continuously, pulsing if needed.



BROWNIE BATTER
Use 1-second pulses, then run continuously.

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

BREAKFAST

BREAKFAST



COCONUT CACAO SMOOTHIE BOWL

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 2 SERVINGS

INGREDIENTS

Smoothie Bowl

- 1/2 cup ice
- 2 large frozen ripe bananas, cut in quarters
- 3 tablespoons shredded coconut
- 2 tablespoons almond butter
- 1 1/2 tablespoons cacao powder
- 1/4 teaspoon vanilla extract
- 1 cup almond milk

Toppings

- 2 teaspoons cacao nibs
- 2 teaspoons flaxseed
- 2 teaspoons shredded coconut
- 1/4 cup raspberries, divided

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all smoothie bowl ingredients in the order listed.
- 2 Pulse 3 to 5 times, then run continuously for 45 seconds, or until all ingredients are well combined.
- 3 Divide mixture between 2 bowls. Garnish with desired toppings.



AVOCADO TOAST

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

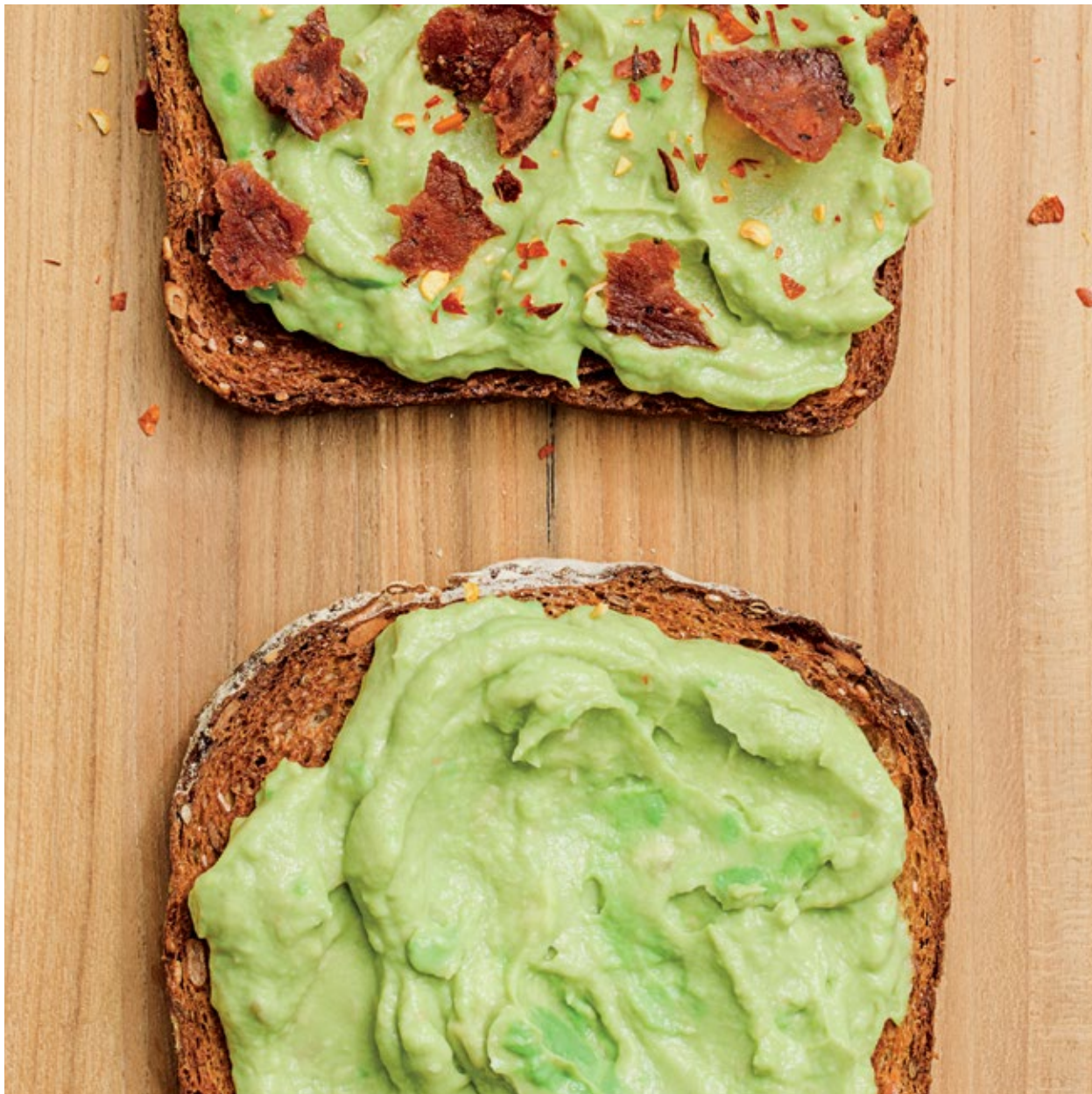
INGREDIENTS

- 4 slices bacon, cooked, cooled
- 2 ripe avocados, pit removed, peeled
- 1 tablespoon sriracha sauce
- 1 tablespoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground pepper
- 4 slices whole wheat bread, toasted

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add cooled bacon.
- 2 Pulse 3 times, then transfer chopped bacon to a small bowl.
- 3 Add avocado, sriracha, lime juice, salt, and pepper to the jar. Pulse 7 times, then run continuously for 20 seconds.
- 4 Top each slice of toasted bread with approximately 2 tablespoons avocado spread and chopped bacon.

DO NOT BLEND HOT INGREDIENTS.



BEVERAGES

BEVERAGES



MATCHA MINT SMOOTHIE

PREP: 10 MINUTES

SOAK: 3 HOURS

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

INGREDIENTS

1/3 cup raw cashews, soaked for 3 hours, drained

2 cups frozen ripe bananas, cut in quarters

2 cups almond milk

1 tablespoon almond butter

1/4 cup agave nectar

1/4 teaspoon peppermint extract

1 teaspoon matcha powder

DIRECTIONS

- 1** Place the High-Speed Blade into the Jar, then add soaked cashews along with all other ingredients in the order listed.
- 2** Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.



STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 3 SERVINGS

INGREDIENTS

- 2 cups frozen strawberries
- 2 small ripe bananas, cut in half
- 2 cups low-fat milk
- ¼ cup agave nectar

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.





ALMOND HONEY & FLAX SMOOTHIE

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 2 cups ice
- 2 cups almond milk
- 1/2 cup almond butter
- 4 teaspoons honey
- 4 teaspoons flaxseed

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.





CASHEW MILK

PREP: 5 MINUTES
SOAK: 8 HOURS
BLADE: HIGH-SPEED BLADE
MAKES: 4-6 SERVINGS

INGREDIENTS

1 cup raw cashews, soaked for 8 hours, drained
 3 cups water
 1 tablespoon raw honey

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 2 minutes, or until smooth.
- 3 Strain mixture through a cheesecloth. Store in an airtight container in the refrigerator for up to 5 days.

RECIPE SUGGESTION

Cashew milk will separate in the refrigerator, so be sure to shake it up before using.



UNICORN MILKSHAKE

PREP: 10 MINUTES
BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE
MAKES: 2 SERVINGS

INGREDIENTS

1 cup frozen strawberries
 2 cups vanilla ice cream
 1 cup milk

Toppings

1/2 cup miniature marshmallows, plus more for garnish
 1/4 cup vanilla frosting
 1/4 cup small colorful hard candies
 Whipped cream
 Wafer cookies

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add strawberries, ice cream, and milk.
- 2 Run continuously for 45 seconds or until desired consistency is achieved.
- 3 Place 1/4 cup mini marshmallows into each glass. Then, using a spoon, rim the glasses with frosting.
- 4 Pour milkshake into glasses. Carefully stick candies onto the frosted rims of the glasses.
- 5 Garnish with desired toppings.



BERRY TROPICAL SMOOTHIE

PREP: 10 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 1 cup ice
- 2 cups mango chunks
- 1 cup strawberries, hulled
- 1 cup blueberries
- 1 cup baby spinach
- 1 cup water

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.





COCONUT MANGO QUENCHER

PREP: 15 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 1/2 cup ice
- 1 1/2 cups frozen mango chunks
- 8 fresh mint leaves
- 4 cups coconut water

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.





COFFEE SOYMOOTHIE

PREP: 20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 2 SERVINGS

INGREDIENTS

2 cups ice

2 cups strongly brewed coffee, chilled

1 1/2 cups silken tofu

2 tablespoons + 2 teaspoons almond butter

1/2 teaspoon ground cardamom

5 tablespoons agave nectar

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 seconds or until desired consistency is achieved.

DO NOT BLEND HOT INGREDIENTS.





TANGERINE PROTEIN MACHINE

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 3 SERVINGS

INGREDIENTS

- 1/2 cup ice
- 1 tangerine, peeled, cut in quarters
- 2 small ripe bananas, cut in quarters
- 1 cup spinach
- 2 cups chilled coconut water
- 2 scoops vanilla protein powder

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.





FROSÉ

PREP: 5 MINUTES

FREEZE: 8 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 1/2 bottle (375ml) dry rosé
- 2 cups strawberries, hulled
- 1/3 cup fresh lime juice
- 1/3 cup granulated sugar

DIRECTIONS

- 1** Pour rosé into ice cube trays and freeze for 8 hours or overnight.
- 2** Place the Total Crushing & Power Chopping Blade into the Jar, then add frozen wine cubes and remaining ingredients.
- 3** Pulse 3 times, then run continuously for 10 seconds or until desired consistency is achieved.

BANANA COLADA

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 6 SERVINGS

INGREDIENTS

- 1/2 cup ice
- 1 cup frozen pineapple chunks
- 1 small frozen ripe banana, cut in quarters
- 1/2 cup light rum
- 1 cup pineapple juice
- 1/2 cup light coconut milk

DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2** Run continuously for 30 to 45 seconds or until desired consistency is achieved.





CLASSIC MARGARITA

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

- 4 cups ice
- 1 cup tequila
- 1 cup orange liqueur
- 1 cup fresh lime juice
- ¼ cup fresh lemon juice
- ¼ cup fresh orange juice
- 2 tablespoons sugar or agave nectar (optional)

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 5 to 7 times, then run continuously for 45 seconds or until desired consistency is achieved.



DIPS & SAUCES



SPICY MEDITERRANEAN FETA DIP

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 12 SERVINGS

INGREDIENTS

- 1/2 cup pepperoncini peppers, tops removed
- 1 tablespoon fresh oregano leaves
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon tabasco pepper sauce
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups crumbled feta
- 1/2 cup sour cream

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 30 seconds, or until ingredients are well combined.
- 3 Serve with Pita Bread (page 58).



FIRE-ROASTED TOMATO SALSA

PREP: 15 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 2 ½ CUPS

INGREDIENTS

- 1 white onion, peeled, cut in quarters
- 2 cans (10 ounces each) whole peeled tomatoes
- 1 lime, peeled, cut in quarters, seeds removed
- 1 jalapeño pepper, cut in half, seeds removed
- 1 canned chipotle pepper in adobo sauce plus 2 tablespoons sauce
- ½ cup fresh cilantro leaves
- Kosher salt and black pepper, to taste

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 5 times, or until desired consistency is reached.





TZATZIKI SAUCE

PREP: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

INGREDIENTS

1 seedless cucumber, cut in quarters, ends trimmed

2 cloves garlic, peeled

12 fresh mint leaves

1 cup Greek yogurt

1 tablespoon lemon zest

1 tablespoon lemon juice

1 tablespoon extra virgin olive oil

1 1/4 teaspoons kosher salt, divided

Freshly ground black pepper, to taste

Fresh dill, for garnish

DIRECTIONS

1 Place the Total Crushing & Power Chopping Blade into the Jar, then add cucumber, garlic, and mint. Pulse 5 times, or until coarsely chopped.

2 Transfer mixture to a colander and sprinkle with 1/4 teaspoon salt. Press mixture to drain excess liquid.

3 Transfer mixture to a small bowl, add remaining ingredients, except dill, and stir to combine. Serve with Greek Meatballs (page 60) and Pita Bread (page 58). Garnish with dill.





CHIMICHURRI SAUCE

PREP: 10 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 3 CUPS

INGREDIENTS

2 cups fresh Italian parsley, stems removed

1 cup extra virgin olive oil

1/2 cup red wine vinegar

1/2 cup fresh cilantro leaves, stems removed

8 cloves garlic, peeled

3/4 teaspoon crushed red pepper

1 teaspoon ground cumin

1 teaspoon kosher salt

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 15 seconds, or until ingredients are well blended.

SERVING SUGGESTION

Try this sauce on top of flank steak or grilled vegetables



PEANUT DRESSING

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 2 CUPS

INGREDIENTS

8 cloves garlic, peeled
1/2 cup agave nectar
1/2 cup soy sauce
1/2 cup rice wine vinegar
1 cup peanut butter
Sesame seeds, for garnish

DIRECTIONS

- 1** Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2** Pulse 3 times, then run continuously for 30 seconds or until desired consistency is achieved.
- 3** Garnish with sesame seeds, if desired.
- 4** Serve with Spicy Peanut Chopped Salad (page 65).





CARROT HUMMUS

PREP: 30 MINUTES

COOK: 20 MINUTES

COOL: 20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 8 SERVINGS

INGREDIENTS

2 cups carrots, peeled, cut in 1-inch pieces

3 cloves garlic, peeled

¼ cup extra virgin olive oil

1½ teaspoons kosher salt, divided

1 cup canned chickpeas, drained

½ cup vegetable stock

¼ cup fresh lemon juice

½ teaspoon cayenne pepper

1 teaspoon paprika

DIRECTIONS

- 1** Preheat oven to 425°F.
- 2** Place carrots and garlic in a bowl and toss with olive oil and ½ teaspoon salt. Roast for 20 minutes. Remove from oven and let cool 20 minutes.
- 3** Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 4** Pulse 6 to 10 times, then run continuously for 60 seconds, or until ingredients are well combined.
- 5** Serve hummus with Pita Bread (page 59).

DO NOT BLEND HOT INGREDIENTS.

TIP

Feel like switching up your hummus? Swap in edamame or cooked beets for the roasted carrots.

SOUPS

SOUPS



TOMATO BASIL SOUP

PREP: 10 MINUTES

COOK: 40 MINUTES

COOL: 15-20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 6 SERVINGS

INGREDIENTS

8 tomatoes, cored, cut in half

2 small yellow onions, peeled, cut in quarters

12 cloves garlic, peeled

1/4 cup olive oil

1 1/2 teaspoons kosher salt, divided

3/4 cup chicken stock

5 fresh basil leaves

1/2 teaspoon dried oregano

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place tomatoes (cut-side down), onions, and garlic onto baking sheet. Drizzle with olive oil and 1 teaspoon salt. Toss to evenly coat.
- 3 Roast for 30 minutes, or until tomatoes and onions have released moisture and are extremely soft.
- 4 Remove mixture from oven and let cool 15 to 20 minutes.
- 5 Place the High-Speed Blade into the Jar, then add cooled vegetables, chicken stock, 1/2 teaspoon salt, basil, and oregano.
- 6 Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 7 Transfer soup to medium pot over medium-high heat and cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.



ROASTED BUTTERNUT SQUASH & APPLE SOUP

PREP: 10 MINUTES

COOK: 55 MINUTES

COOL: 15-20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 4 SERVINGS

INGREDIENTS

2 cups butternut squash, peeled, cut in 1-inch pieces
 1 green apple, cut in quarters, sliced
 2 cloves garlic, peeled
 2 tablespoons olive oil
 1 teaspoon salt, divided
 1/4 teaspoon paprika
 2 cups chicken stock
 Pinch ground black pepper

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Place butternut squash, apple, and garlic onto baking sheet. Drizzle with olive oil and 1/2 teaspoon salt. Toss to evenly coat. Roast for 40 minutes.
- 3** Sprinkle with paprika, then place back in oven and roast for another 5 minutes.
- 4** Remove mixture from oven and let cool for 15 to 20 minutes.
- 5** Place the High-Speed Blade into the Jar, then add cooled squash mixture, chicken stock, 1/2 teaspoon salt, and pepper.
- 6** Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 7** Transfer soup to medium pot over medium-high heat and cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.





CREAMY ASPARAGUS SOUP

PREP: 10 MINUTES

COOK: 40 MINUTES

COOL: 15-20 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 2 SERVINGS

INGREDIENTS

- 1 bunch (11 ounces) asparagus, cut in 1-inch pieces
- 1 small onion, peeled, cut in half
- 2 tablespoons olive oil
- 1½ teaspoons kosher salt, divided
- 1 cup chicken stock
- Pinch ground black pepper
- 1 tablespoon cream

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Place asparagus and onion onto baking sheet. Drizzle with olive oil and 1 teaspoon salt. Toss to evenly coat. Roast for 30 minutes, flipping after 15 minutes.
- 3** Remove vegetables from oven and let cool for 15 to 20 minutes.
- 4** Place the High-Speed Blade into the Jar, then add cooled vegetables, chicken stock, ½ teaspoon salt, and pepper.
- 5** Pulse 3 times, then run continuously for 60 seconds or until desired consistency is achieved.
- 6** Transfer soup to medium pot over medium-high heat. Add cream, stirring to combine. Cook for 10 minutes, or until heated through.

DO NOT BLEND HOT INGREDIENTS.





MAINS & SIDES

RAINBOW CAULIFLOWER RICE

PREP: 15 MINUTES

COOK: 5 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 3 SERVINGS

INGREDIENTS

- 1 medium carrot, peeled, cut in 1-inch pieces
- 2 cloves garlic, peeled
- 1 1/2 cups white cauliflower, cut in 1-inch florets
- 1 1/2 cups purple cauliflower, cut in 1-inch florets
- 2 tablespoons sesame oil
- 2 green onions, chopped
- 1/2 cup peas
- 2 1/2 tablespoons soy sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add carrot, garlic, and white and purple cauliflower. Pulse 4 to 6 times, or until evenly combined.
- 2 Add sesame oil to a medium sauté pan over medium-high heat. Allow pan to heat for 1 minute, then add cauliflower mixture. Cook for 5 minutes, or until cauliflower is tender, stirring occasionally. Add remaining ingredients and cook for 2 minutes, or until heated through.



MARGHERITA PIZZA

PREP: 20 MINUTES

RISE: 1 HOUR

COOK: 20–25 MINUTES

BLADE: DOUGH BLADE

MAKES: 2 (10-INCH) PIZZAS

INGREDIENTS

Dough

1 packet (2 ¼ teaspoons) active dry yeast

1 ½ teaspoons sugar

⅔ cup warm water

2 cups all-purpose flour

½ teaspoon kosher salt

¼ cup extra virgin olive oil

Toppings

½ cup pizza sauce

2 cups shredded mozzarella

½ pint (about 1 cup) grape tomatoes, cut in half

Kosher salt and black pepper, to taste

½ cup fresh basil leaves, for garnish

DIRECTIONS

- 1 Place the Dough Blade into the Jar, then add yeast, sugar, and warm water and let sit until foamy, about 5 minutes.
- 2 Add flour, salt, and olive oil to the Jar. Run continuously for 30 seconds, or until a dough ball forms.
- 3 Place dough ball in a lightly oiled bowl and cover loosely with plastic wrap. Let rise in a warm place for 1 hour, or until dough ball doubles in size.
- 4 Once dough has risen, preheat oven to 400°F.
- 5 Cut dough ball in half. Roll out one half into a 10-inch disc and place on a lightly oiled baking pan. Repeat with other half.
- 6 Top each rolled-out dough with ¼ cup pizza sauce, spreading it out in a thin and even layer. Sprinkle on mozzarella and top with tomatoes. Season with salt and pepper to taste.
- 7 Bake 20 to 25 minutes, or until crust is golden brown and cooked through. Garnish with fresh basil.

TIP

Add up to ¼ cup flour if dough is too wet or up to a tablespoon of water if dough is too dry.



BUFFALO CHICKEN BURGERS

PREP: 15 MINUTES

COOK: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 BURGERS

INGREDIENTS

Burgers

1 pound uncooked boneless skinless chicken breasts, cut in 1-inch pieces

1 small carrot, peeled, cut in 1-inch pieces (about 1/2 cup)

1 small stalk celery, cut in 1-inch pieces (about 1/2 cup)

1/4 cup crumbled blue cheese

1/4 cup cayenne pepper sauce, plus more for drizzling

1/4 cup bread crumbs

1 egg

2 tablespoons olive oil

For Serving

4 potato buns, toasted

1 cup mixed greens or romaine lettuce

1/2 cup chunky blue cheese dressing

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all burger ingredients, except olive oil, in the order listed. Pulse 4 to 6 times, or until finely ground.
- 2 Heat olive oil in a large skillet over medium-high heat. Form meat mixture into 4 patties and place them in the skillet. Cook 5 minutes per side, or until internal temperature reaches 165°F.
- 3 Serve burgers on buns and top with lettuce, blue cheese dressing, and an extra drizzle of cayenne pepper sauce.





SPICY BURRITO BOWL

PREP: 30 MINUTES

COOK: 10 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

Filling

- 1 pound uncooked boneless pork chops, cut in 1-inch pieces
- 2 cloves garlic, peeled
- 1/2 large red bell pepper, cut in 1-inch pieces
- 1/2 red onion, peeled, cut in 1-inch pieces
- 1 chipotle pepper in adobo sauce
- Zest and juice from 1 large lime (1 teaspoon zest and 1 tablespoon plus 1 teaspoon juice)
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1/2 can (7.75 ounces) black beans or pinto beans, rinsed, drained
- 1 cup hot cooked rice

Toppings

- 1/4 cup cooked corn kernels
- 1/4 cup fresh cilantro leaves

DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the Jar, then add pork, garlic, red pepper, red onion, chipotle pepper, lime zest and juice, honey, and salt.
- 2** Pulse 5 times, or until ingredients are finely ground.
- 3** Heat oil in a large skillet over medium-high heat. Add meat mixture and cook about 10 minutes, stirring occasionally, or until pork is cooked through and most liquid has evaporated. Stir in the beans and cooked rice.
- 4** Serve in 4 bowls, topped with corn and cilantro.





BACON & BROCCOLI CHOPPED SALAD

PREP: 20 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 4 SERVINGS

INGREDIENTS

Dressing

- 1 cup mayonnaise
- ¼ cup white vinegar
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

Salad

- 3 cups broccoli florets, cut in 1 ½-inch pieces
- ¼ small red onion, peeled, cut in half
- ¼ cup dried cranberries
- 5 slices cooked bacon, cooled, cut in half
- 1 cup shredded cheddar cheese
- 2 tablespoons roasted sunflower seeds

DIRECTIONS

- 1 Place all dressing ingredients into a small bowl. Whisk until smooth; set aside.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar, then add broccoli, onion, dried cranberries, and cooled bacon. Pulse 5 times, or until well chopped.
- 3 Transfer broccoli mixture to a bowl. Add remaining ingredients and toss with half the dressing, adding more if desired.

DO NOT BLEND HOT INGREDIENTS.





PITA BREAD

PREP: 30 MINUTES

REST: 1-2 HOURS

COOK: 24 MINUTES

BLADE: DOUGH BLADE

MAKES: 12 PITAS

INGREDIENTS

- 1 cup warm water
- 2 teaspoons active dry or instant yeast
- 2 1/2 cups all-purpose flour, plus up to 1/2 cup more if needed
- 1 teaspoon kosher salt
- 1 teaspoon extra virgin olive oil

DIRECTIONS

- 1** Place the Dough Blade into the Jar, then add warm water and yeast. Let sit for about 5 minutes, or until yeast is dissolved.
- 2** Add 2 1/2 cups flour, salt, and olive oil to the Jar. Run continuously for 30 seconds, or until a dough ball forms.
- 3** Turn dough out onto a floured surface. Knead dough for about 5 to 7 minutes, or until smooth and elastic.
- 4** Lightly coat a bowl with olive oil. Place dough in bowl and cover with plastic wrap. Let rest for 1 to 2 hours, or until doubled in size.
- 5** Gently turn out the dough onto a clean, lightly floured surface. Divide into 12 equal pieces.
- 6** Using a floured rolling pin, roll out each piece into a circle about 1/8-inch thick.
- 7** Warm a cast iron skillet over medium heat. Place dough circles one at a time into the skillet and cook for 1 minute, or until bubbles start to form. Then flip and cook for an additional 1 minute.
- 8** Serve pitas with Greek Meatballs (page 60) and Tzatziki Sauce (page 34).

TIP

Add up to 1/4 cup flour if dough is too wet or up to a tablespoon of water if dough is too dry.



GREEK MEATBALLS

PREP: 20 MINUTES

COOK: 15 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

INGREDIENTS

1 pound top round beef, cut in 1-inch pieces
 1/2 small white onion, peeled, cut in half
 1/4 cup panko bread crumbs
 1/4 cup fresh flat-leaf parsley, leaves only
 2 cloves garlic, peeled
 1 tablespoon lemon zest
 1 egg
 2 teaspoons dried oregano
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1/2 teaspoon ground cinnamon
 2 teaspoons kosher salt
 1/3 cup feta cheese
 1 tablespoon olive oil

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients, except olive oil, in the order listed. Pulse 3 times, then run continuously for 30 seconds or until desired consistency is achieved.
- 3 Shape mixture into 20 meatballs.
- 4 Heat olive oil in large skillet for 1 minute until shimmering. Sauté meatballs in batches for 1 minute, then flip and sauté an additional 30 seconds until browned on both sides.
- 5 Place meatballs on a lightly greased cookie sheet and bake 10 minutes.
- 6 Serve meatballs warm with Pita Bread (page 58) and Tzatziki Sauce (page 34).





BAKED FALAFEL

PREP: 30 MINUTES

CHILL: 2 HOURS

COOK: 20 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 6 SERVINGS

INGREDIENTS

1 can (15 ounces) chickpeas, rinsed, drained

1 small white onion, peeled, cut in quarters

4 cloves garlic, peeled

$\frac{3}{4}$ cup fresh parsley

$\frac{3}{4}$ cup fresh cilantro

1 teaspoon kosher salt

2 tablespoons sriracha

2 teaspoons ground cumin

2 teaspoons baking powder

$\frac{3}{4}$ cup all-purpose flour

DIRECTIONS

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper or silicone baking mat.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar, then add all ingredients, except baking powder and flour, in the order listed.
- 3 Pulse 6 times, then use a spatula to scrape down the sides of the jar. Add baking powder and flour, then pulse 6 to 8 times, being careful to not over-process.
- 4 Transfer mixture to a small bowl. Cover and refrigerate for 2 hours.
- 5 Using a 1½-inch ice cream scoop, scoop mixture into balls and place on prepared baking sheet.
- 6 Bake falafel for 20 minutes, flipping after 10 minutes.
- 7 Serve with Pita Bread (page 59) and Tzatziki Sauce (page 34).





EVERYTHING BAGEL CAULIFLOWER DINNER ROLLS

PREP: 20 MINUTES

COOK: 40-50 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 8 SERVINGS

INGREDIENTS

1 large head cauliflower (8 cups),
cut in 1-inch florets, divided
2 eggs
1/4 cup almond flour
2 tablespoons coconut flour
1 teaspoon garlic powder
1/2 teaspoon kosher salt

Toppings

1 1/2 teaspoons poppy seeds
2 tablespoons sesame seeds
2 teaspoons dried minced onion
2 teaspoons dried minced garlic
1 teaspoon coarse sea salt

DIRECTIONS

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2 Place the Total Crushing & Power Chopping Blade into the Jar. Working in two batches, add cauliflower, then pulse 5 or 6 times, or until cauliflower is evenly riced. Transfer to a large bowl.
- 3 Add eggs, almond flour, coconut flour, garlic powder, and salt to riced cauliflower. Stir until combined.
- 4 Roll cauliflower mixture into evenly sized rolls and place on prepared baking sheet.
- 5 In small bowl, stir together all topping ingredients. Sprinkle rolls with topping and gently press it into tops of the rolls.
- 6 Bake for 40 to 50 minutes, or until golden brown. For a crispier texture, set oven to broil and cook an additional 3 minutes.
- 7 Remove rolls from baking sheet and let cool on cooling rack for 10 minutes before serving.



SPICY PEANUT CHOPPED SALAD

PREP: 15 MINUTES

CHILL: 1-2 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 2 SERVINGS

INGREDIENTS

2 tablespoons roasted peanuts,
plus more for serving
1 carrot, peeled, cut in 1-inch pieces
1 bunch asparagus, cut in 1-inch pieces,
ends trimmed
1/2 cup fresh cilantro, stems removed,
plus more for serving
1 cup frozen peas, thawed
1/3 cup Peanut Dressing (page 38)
1 1/2 teaspoon crushed red pepper

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add peanuts, carrot, asparagus, and cilantro.
- 2 Pulse 4 or 5 times, or until ingredients are evenly chopped.
- 3 Transfer mixture to a large bowl. Add peas, peanut dressing, and crushed red pepper and stir to combine.
- 4 Chill salad in refrigerator for 1 to 2 hours before serving.
- 5 When ready to serve, garnish with additional cilantro and peanuts.

DESSERTS

DESSERTS



PEANUT BUTTER COOKIE DOUGH BITES

PREP: 15 MINUTES

CHILL: 20 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE,
DOUGH BLADE

MAKES: 22 SERVINGS

INGREDIENTS

- 1 cup all-purpose flour
- $\frac{2}{3}$ cup mini peanut butter cups, chopped
- $\frac{1}{2}$ cup hard-shell peanut butter candies
- $\frac{1}{2}$ cup roasted peanuts
- $\frac{1}{4}$ cup milk
- 1 teaspoon vanilla extract
- 1 stick ($\frac{1}{2}$ cup) unsalted butter, cubed, room temperature
- $\frac{2}{3}$ cup smooth peanut butter
- 1 cup granulated sugar
- $\frac{1}{2}$ cup light brown sugar, packed
- $\frac{1}{2}$ teaspoon kosher salt

DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Spread flour on a small sheet pan and bake for 10 minutes. Remove from oven and let cool for 10 to 20 minutes.
- 3 Place the Total Crushing & Power Chopping Blade into the Jar, then add peanut butter cups, peanut butter candies, and peanuts.
- 4 Pulse 5 times. Carefully blade from jar and transfer peanut mixture to a mixing bowl; set aside.
- 5 Place the Dough Blade into the Jar, then add milk, vanilla, butter, peanut butter, sugars, and salt. Run continuously for 45 seconds.
- 6 Add flour. Pulse 5 to 7 times, then run continuously for 30 seconds, or until ingredients are well combined.
- 7 Add dough to the peanut mixture and stir until combined.
- 8 Roll dough into small balls and chill at least 20 minutes before serving.

DO NOT BLEND HOT INGREDIENTS.



CHOCOLATE CHIP COOKIES

PREP: 10 MINUTES

COOK: 10 MINUTES

COOL: 20 MINUTES

BLADE: DOUGH BLADE

MAKES: 20 COOKIES

INGREDIENTS

1 egg

1/4 cup plus 2 tablespoons sugar

1/4 cup plus 2 tablespoons brown sugar

1 stick (1/2 cup) butter, softened

1/2 teaspoon vanilla extract

1 cup plus 2 tablespoons flour

1/2 teaspoon kosher salt

1/2 teaspoon baking soda

1 cup chocolate chips

DIRECTIONS

- 1 Preheat oven to 375°F.
- 2 Place the Dough Blade into the Jar, then add egg, sugars, butter, and vanilla.
- 3 Run continuously for 30 seconds.
- 4 Add flour, salt, and baking soda to bowl. Pulse 5 times, then run continuously for 45 seconds or until well combined.
- 5 Carefully remove Dough Blade from the Jar. Using a spoon, stir in chocolate chips.
- 6 Scoop heaping teaspoons of dough onto an ungreased cookie sheet, about 2 inches apart.
- 7 Bake 10 to 12 minutes, or until golden brown on bottom. Place cookies on a rack to cool before serving.

TIP

If your butter is cold, place it in a microwave-safe bowl at half power until softened.



EDIBLE BROWNIE BATTER

PREP: 30 MINUTES

COOK: 10 MINUTES

BLADE: DOUGH BLADE

MAKES: 22 SERVINGS

INGREDIENTS

- 1 cup all-purpose flour
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/2 cup) unsalted butter, room temperature, cubed
- 1 cup granulated sugar
- 1 cup light brown sugar, packed
- 1/4 cup cocoa powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup semi-sweet chocolate chips

DIRECTIONS

- 1** Preheat oven to 350°F. Spread flour on a baking sheet, and bake for 10 minutes. Remove from oven and let cool at least 20 minutes.
- 2** Place the Dough Blade into the Jar, then add milk, vanilla, butter, and sugars. Pulse 3 times, then run continuously for 45 seconds.
- 3** Add cocoa powder, baking soda, and salt. Run continuously for 15 seconds.
- 4** Add flour. Pulse 5 to 7 times, then run continuously for 30 seconds, or until well combined.
- 5** Remove Dough Blade and fold chocolate chips into the batter with a spatula.

DO NOT BLEND HOT INGREDIENTS.





VEGAN STRAWBERRY CHEESECAKE TREATS

PREP: 5 MINUTES

SOAK: 3 HOURS

FREEZE: 2 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE,
HIGH-SPEED BLADE

MAKES: 12 SERVINGS

INGREDIENTS

Crust

12 dates, pits removed

1/2 cup shredded unsweetened coconut

1/2 teaspoon kosher salt

1 cup roasted cashews

1 cup roasted almonds

Filling

1 cup frozen strawberries, thawed

1 cup raw cashews (soaked for 3 hours)

1/4 cup agave nectar

1/4 cup coconut oil, melted

2 tablespoons lemon juice

Topping

1 cup fresh strawberries, thinly sliced

DIRECTIONS

- 1 Place the Total Crushing & Power Chopping Blade into the Jar, then add all crust ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 20 seconds or until desired consistency is achieved. Carefully remove blade and divide mixture between 12 ramekins or silicone baking cups, about 2 tablespoons in each.
- 3 Place the High-Speed Blade into the Jar, then add all filling ingredients in the order listed.
- 4 Run continuously for 45 seconds. Remove pod and using a spatula, scrape down the sides of the jar. Return pod to lid and run for an additional 15 seconds, or until all ingredients are fully combined.
- 5 Place 2 tablespoons filling on top of crust, spreading evenly.
- 6 Place sliced strawberries on top of filling. Freeze mini cheesecakes for 2 hours.
- 7 Remove from freezer and let come to room temperature before serving.





CHOCOLATE AVOCADO MOUSSE

PREP: 5 MINUTES

BLADE: HIGH-SPEED BLADE

MAKES: 6 SERVINGS

INGREDIENTS

4 ripe avocados, peeled, cut in half, pits removed
2 tablespoons cocoa powder
1/4 teaspoon kosher salt
1 tablespoon vanilla extract
1/4 cup powdered sugar
1/4 cup agave nectar
Fresh mint, for garnish

DIRECTIONS

- 1 Place the High-Speed Blade into the Jar, then add all ingredients in the order listed.
- 2 Pulse 3 times, then run continuously for 45 to 60 seconds, or until ingredients are well combined.





DATE BITES

PREP: 5 MINUTES

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE

MAKES: 12 SERVINGS

INGREDIENTS

- 2 cups medjool dates, pits removed
- 1/2 cup raw almonds
- 1/2 cup rolled oats
- 2 tablespoons creamy peanut butter
- 1 tablespoon ground coffee
- 1/2 teaspoon kosher salt
- 1/2 cup shredded toasted coconut

DIRECTIONS

- 1** Place Total Crushing & Power Chopping Blade into the Jar, then add all ingredients in the order listed.
- 2** Pulse 10 to 12 times or until desired consistency is achieved.
- 3** Using a 1-inch ice cream scoop or your hands, form the mixture into balls.

DO NOT BLEND HOT INGREDIENTS.

RECIPE SUGGESTION

You can toast your own shredded coconut. Just bake at 375°F for 4 minutes, or until light golden brown.



NO-BAKE KEY LIME PIE

PREP: 15 MINUTES

CHILL: 8 HOURS

BLADE: TOTAL CRUSHING® & POWER CHOPPING BLADE, HIGH-SPEED BLADE

MAKES: 8 SERVINGS

INGREDIENTS

- 12 honey graham crackers
- 5 tablespoons unsalted butter, melted
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 cup lime juice
- 2 tablespoons almond milk
- 1/2 cup + 2 tablespoons (5 ounces) sweetened condensed milk
- 1 cup heavy whipping cream

DIRECTIONS

- 1** Place the Total Crushing & Power Chopping Blade into the Jar, then add graham crackers.
- 2** Pulse 7 times. Add melted butter and pulse 3 times.
- 3** Transfer mixture to a 9-inch circular pie pan. Using your hands, press mixture evenly into the pan to form a crust. Place uncovered in the refrigerator.
- 4** Place the High-Speed Blade into the Jar, then add cream cheese, powdered sugar, lime juice, almond milk, and sweetened condensed milk.
- 5** Pulse 3 times, then run continuously for 30 seconds or until desired consistency is achieved. Transfer to a medium bowl and set aside.
- 6** Wash the jar and High-Speed Blade. Place High-Speed Blade back into jar, then add the heavy whipping cream. Run continuously for 10 seconds.
- 7** Using a spatula, gently fold the whipped cream into the cream cheese mixture.
- 8** Remove the graham cracker crust from the refrigerator. Pour mixture over the crust. Using a spatula, gently spread mixture evenly across the crust.
- 9** Place back into the refrigerator and chill for a minimum of 8 hours.

DO NOT BLEND HOT INGREDIENTS.

NINJA[®] **ULTRA**
PREP[™]

PS101_IG_40Recipe_MP_Mv1

NINJA is a registered trademark of SharkNinja Operating LLC.
ULTRA PREP is a trademark of SharkNinja.