



**NINJA™**

Recipe Book



## **RULE THE KITCHEN®**

Congratulations on your purchase of the Ninja Master Prep, a Revolutionary Food and Drink Maker. Unlike any product you've owned, the Ninja Master Prep is high-powered and versatile allowing you to transform fresh ingredients into extraordinary meals and beverages.

This recipe book gives you some great ideas for ways to use both the pitcher and bowl for all of your food and drink needs.

**...for more recipes, visit [www.ninjakitchen.com](http://www.ninjakitchen.com)**



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# Recipes for Ninja Master Prep Pitcher & Bowl



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# Blended Beverages & Frozen Desserts

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# Strawberry Banana Smoothie

## What you'll need:

- 1 Ripe Banana
- 4 OZ. Frozen Strawberries
- 6 OZ. Fresh Squeezed Orange Juice
- 2 OZ. Frozen Strawberry Sherbet (optional)

## How to make it:

Add all ingredients into the pitcher and use long pulses until you've reached the desired consistency.

Makes two 8 oz. Glasses



## Frozen Mojito

### What you'll need:

2 Limes, Juiced  
10-12 Mint Leaves  
2 OZ. Simple Syrup\*  
6 OZ. White Rum  
2 Cups Ice cubes



### How to make it:

Add all ingredients into the pitcher and use long pulses until well blended.

Serve in 2 tall rocks glasses, garnish with mint.

\*Combine 4 Tbsp Sugar and 4 Tbsp Water in saucepan on warm stove until sugar dissolves.



# Fresh Fruit Batidos

## What you'll need:

6 OZ. Mango Sorbet  
4 OZ. Vanilla Ice Cream  
½ Cup Fresh Mango  
¾ Cup Whole Milk  
1 Tbsp Honey

## How to make it:

Add all ingredients into the pitcher and pulse 6-8 times until smooth and frothy.

Substitute your choice of fruit, ice cream and sherbet to create your own variation.

Serve immediately!

Makes two 8 oz. cups



## Frozen Toffee Delight

### What you'll need:

1 Frozen Toffee Bar  
½ Cup Milk  
2 Cups Vanilla Ice Cream  
1 Tbsp Fudge Sauce

### How to make it:

Break up Toffee Bar while still in wrapper. Add all ingredients in the pitcher and pulse 5 or 6 times until blended.

Makes two 10 oz. Glasses





# Creamsicle

## What you'll need:

12 OZ. Fresh Squeezed Orange Juice  
6 OZ. Low-Fat Vanilla Yogurt

## How to make it:

Fill one 16 cube ice tray half with orange juice and half with low-fat vanilla yogurt. Freeze 4-6 hours or overnight. Combine frozen cubes with 6 oz. of orange juice in the pitcher. Pulse 6-8 times until mixture has the consistency of a thick smoothie.

Quantity depends on size of molds.



## Ninja Snow Cone

### What you'll need:

3/4 Cups White Sugar  
3/4 Cup Water  
1 Pkg Unsweetened Fruit Flavor  
Drink Mix (13 oz. each)  
4-5 Cups Ice



### How to make it:

Make basic simple syrup by combining sugar and water in a saucepan and bringing to a boil. Reduce heat to medium and simmer for 3 minutes. Remove from heat and stir in flavored drink mix of your choice. Make Cherry, Grape, Orange, and Fruit Punch by following the same recipe and changing the powdered flavor. Place in resealable 12 oz. squirt bottle. Note: can be stored in the refrigerator for up to a month.

For Snow Cone, place 4-5 cups of ice cubes in pitcher and use long pulses until fine snow is formed. Scoop into desired serving dish. Pour on flavored syrup and serve.

Makes 4 Snow Cones



# Caramel Banana Smoothie

**What you'll need:**

6 oz. Low-Fat Vanilla Yogurt  
1 Cup Soymilk  
1 Ripe Banana  
1 Tbsp Caramel Fat Free Topping  
1 Cup Ice  
Pinch each of Cinnamon, Ginger and Clove

**How to make it:**

Add all ingredients into the pitcher and pulse 6-8 times until smooth.

Makes 2 Glasses



## Mocha **Frozen Fusion Lite**

### What you'll need:

- ½ Cup Strong Coffee
- ¾ Cup 2% or Fat Free Milk
- 2 Tbsp Lite Chocolate Syrup
- ½ tsp Artificial Sweetener
- 1 Cup Ice

### How to make it:

Add all ingredients into pitcher and use long pulses until smooth.

Makes two 10 oz. cups



# Dips & Marinades



## Babaganoosh (Grilled Eggplant Dip)

### What you'll need:

2 Large Eggplants (approx 2 lbs)  
2 Garlic Cloves  
2 Scallions  
4 Tbsp Italian Flat Leaf Parsley  
4 Tbsp Fresh Squeezed Lemon Juice  
2 Tbsp Plain Yogurt  
2-3 Tbsp Extra Virgin Olive Oil  
½ Tsp Ground Cumin  
Salt and Fresh Ground Black Pepper to taste

### How to make it

Wash the eggplants and prick in a few spots to allow the steam to escape. Grill them over a medium flame; turning frequently, until charred on all sides and the flesh is soft. Let cool and then split length-wise and scoop out the flesh.

In the bowl add garlic, scallion, parsley and lemon juice and pulse until all items are minced. Add eggplant, olive oil, cumin, salt and pepper and pulse until items are pureed. Adjust seasoning and serve in bowl with additional olive oil drizzled on top and garnish with parsley sprigs. Serve with warm pita wedges, your favorite bread or an assortment of raw vegetables.

Makes about 2 ½ Cups



# Traditional Guacamole

## What you'll need:

2 Hass Avocados, ripe but firm, cut in 2" pieces  
2 oz. White Onion, cut into 1" pieces  
1 Garlic Clove  
½ Medium Beefsteak Tomato, cut in 4 pieces  
Juice from ½ Lime  
15 Cilantro Leaves, whole  
½ Tsp Kosher Salt  
Hot Sauce to taste

## How to make it:

Add all ingredients into the bowl and pulse until desired consistency is reached.

Serve with your favorite chips

Makes about 1 ½ cups



Recipe for the Master Prep Bowl

## Tzatziki (Cucumber Yogurt Dip)

### What you'll need:

16 oz. Greek Style (Thick) Yogurt  
1 Seedless Cucumber  
2 Tbsp Kosher Salt  
5 Garlic Cloves, Peeled  
2 Tbsp Red Wine Vinegar  
3 Tbsp Extra Virgin Olive Oil  
12 Fresh Mint Leaves  
Fresh Ground Black Pepper

### How to make it:

Wash cucumber and remove ends. Cut into 1½" sections and place in pitcher. Pulse to reduce to a coarse grate. Place in a separate colander and add 1 Tbsp of the kosher salt. Press cucumber through colander to remove excess liquid.

Add yogurt, cucumber, garlic, vinegar, olive oil, mint, salt and pepper into pitcher and pulse until sauce is smooth.

Serve with meat, fresh veggies or your favorite crackers.

Makes about 2 ½ Cups





# Fresh Tomato Salsa

## What you'll need:

4 Roma Tomatoes, cut in 4 pieces  
¼ Small White Onion  
1 Serrano Chilies, split and deseeded  
1 Tbsp Whole Cilantro Leaves  
½ Tsp Sugar  
½ Tsp Salt  
Juice from ¼ Lime  
Pinch of Oregano  
Pinch of Cumin

## How to make it:

Add all ingredients into the bowl. Use short pulses, about 3 times until desired consistency is reached.

Serve with your favorite chips and guacamole.

Makes about 2 ½ cups



## Orange Mojo Marinade

### What you'll need:

1/2 Cup Orange Juice  
4 Garlic Cloves, Peeled  
Juice from 1/2 Lime  
1/2 Tsp Cumin  
1/4 Cup Fresh Cilantro leaves  
1/2 Tsp Red Pepper Flakes  
1/2 Tsp Dried Oregano  
3 oz. Fresh Mango Slices  
Salt and Fresh Ground Black Pepper

### How to make it:

Add all ingredients into bowl and pulse until smooth. Pour into resealable bag with either chicken breast or pork cubes. Let marinate 2-4 hours or overnight before grilling.

Will marinate about 1 lb of Chicken or Pork



# Entrées & Soups



## Curried Chicken Salad

### What you'll need:

10 oz. Cooked Chicken Breast  
1 Celery Stalk cut in six 1" pieces  
1 Tbsp Lime Juice  
½ Cup Lite Mayo or as needed  
¼ Cup Plain Low Fat Yogurt  
1 Tsp Fresh Peeled Ginger Root  
2 Tsp Curry Powder  
1 Tsp Honey  
Salt and Pepper to taste  
2 oz. Red Onion  
4 oz. Grapes  
4 oz. Fresh Mango  
1 oz. Slivered Almonds Toasted

### How to make it

In pitcher, add celery, lime juice, mayo, yogurt, ginger, curry, honey, salt and pepper. Pulse until smooth. Add chicken until the desired texture is reached: 3-4 pulses for chunky and 6-8 for smooth. Serve over your favorite greens garnished with grapes, mango and slivered almonds.

Makes 2 cups



# Country Chicken Salad

## What you'll need

16 oz. Cooked Chicken (boneless),  
cut in 1" pieces  
½ Small Onion, quartered  
1 Celery Stalk, cut in 1" pieces  
1 Cup Low Fat Mayonnaise  
1 Tsp Country Dijon Mustard  
½ Tsp Dried Tarragon  
1-2 Tsp Fresh Lemon Juice  
10 Sprigs Curly Parsley  
Salt and fresh ground Black Pepper to taste  
1 Pkg Mixed Greens, washed and cut  
1 Beefsteak Tomato, sliced  
1 Small Cucumber, sliced  
2 Cups Red Seedless Grapes  
4 Slices Multigrain Bread

## How to make it

Add all ingredients in the pitcher and pulse 3-4 times, or until desired consistency is reached. Adjust seasoning. Serve on a bed of mixed greens with sliced tomatoes, cucumbers and red seedless grapes. Cut bread into 2 wedges and arrange on plate.

Serves 4



Recipe for the Master Prep Pitcher

## White Gazpacho Soup

### What you'll need:

- 4 oz. Blanched Almonds
- 3 Garlic Cloves, peeled
- 4 Medium Slices of French Bread, crusts removed
- 5 Tbsp Extra Virgin Olive Oil
- 4 Tbsp Spanish Sherry Vinegar
- 4 Cups Iced Water
- 1 Tsp Salt or to taste
- 3 oz. Seedless Green Grapes

### How to make it:

Soak the bread in the ice water and set aside. Combine the almonds, garlic, and salt in the pitcher and pulse until processed but not smooth. Add bread into pitcher and alternate with the olive oil pulsing until emulsion is formed. Add vinegar and remaining water. Season to taste. Pulse once more. Pour into small soup bowls and garnish with sliced grapes.

Drizzle with additional olive oil.

Serves 4



## Quick **Clean Up & Storage**

- All of your Ninja parts are dishwasher safe except the Ninja, use a damp sponge to wipe Master Pod clean.
- Quick Tip: Place Ninja Storage Lids & Blades on top rack of dishwasher.
- Leftovers? Use your Ninja Storage Lids to keep your favorite recipes long-lasting and fresh!
- Quick Tip: Reheat leftovers in pitcher and bowl, both are microwave safe!



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