

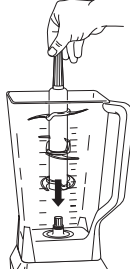
Please make sure to read your Ninja Owner's Guide in addition to this instruction sheet.

# NINJA® STACKED BLADE ASSEMBLY

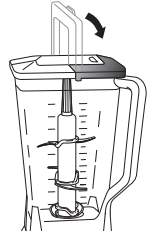
## ASSEMBLY



- 1.**  
Place pitcher on base and turn clockwise to lock in place.



- 2.**  
Holding the blade assembly by the top of the shaft, insert it into the pitcher.

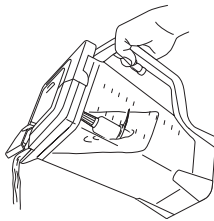


- 3.**  
Align arrows on lid and handle, then lower handle to lock in place.

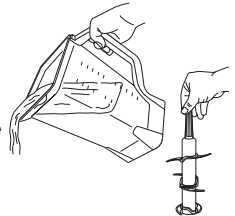


**WARNING:** Blades are sharp and not locked in place. Make sure lid is locked onto the pitcher before pouring. If pouring without lid, ALWAYS remove blades first. Failure to do so will result in a laceration risk. Refer to the Ninja Owner's Guide for additional information.

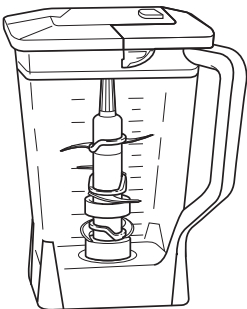
**▲ WARNING:** Stacked Blade Assembly is sharp and not locked in place. If using the pour spout, ensure the lid is fully locked onto the blender pitcher. Failure to do so will result in a risk of laceration.



**▲ WARNING:** Stacked Blade Assembly is sharp and not locked in place. If pouring with the lid removed, carefully remove the Stacked Blade Assembly first holding it by the shaft. Failure to do so will result in a risk of laceration.



## CLEANING



**Hand washing:** Wash the lid, pitcher and blade assembly in warm, soapy water. When washing the blade assembly, use a dish washing utensil with a handle to avoid direct hand contact with blades. Handle blade assembly with care to avoid contact with sharp edges, rinse and air dry thoroughly.

**▲ WARNING:** Handle the Stacked Blade Assembly with care when washing, as the blades are sharp. Contact with the blade's edge can result in laceration.

**Dishwasher:** The pitcher, lid and Stacked Blade Assembly are all dishwasher safe. It is recommended that the lid and blade assembly be placed on the top rack. Ensure that the blade assembly is removed from the pitcher before placing in the dishwasher.

**QUESTIONS?** We're here to help. Call **1-877-646-5288** or visit **www.ninjakitchen.com**

S'il vous plaît, assurez-vous de lire votre guide du propriétaire Ninja en plus de ce feuillet d'instructions.

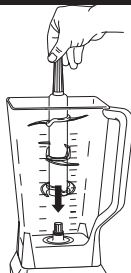
# NINJA<sup>MD</sup>

## JEU DE LAMES SUPERPOSÉES

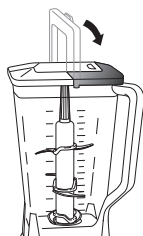
### ASSEMBLAGE



- 1.**  
Placez le mélangeur sur la base et en le tournant dans le sens horaire pour le verrouiller en place.



- 2.**  
Insérez le jeu de lames superposées dans le pichet en tenant la tige par le bout.

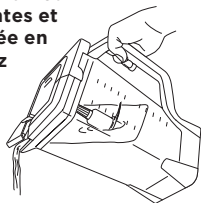


- 3.**  
Alignez les flèches sur le couvercle et la poignée, puis abaissez la poignée pour verrouiller en place.

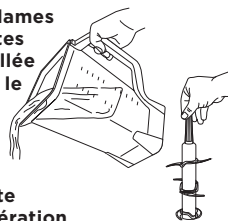


**AVERTISSEMENT :** Les lames sont tranchantes et ne sont pas verrouillées en place. Vérifiez que le couvercle est fixé au pichet avant de verser. Si vous versez sans le couvercle, enlevez **TOUJOURS** les lames avant de le faire. Ne pas procéder de la sorte augmente le risque de laceration. Consultez le guide d'utilisateur du mélangeur Ninja pour obtenir de plus amples renseignements.

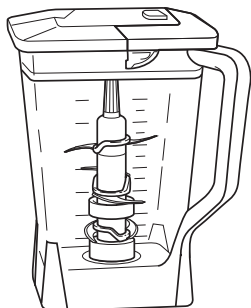
**⚠ AVERTISSEMENT :** Les lames superposées sont coupantes et la tige n'est pas verrouillée en place. Si vous vous servez du bec verseur, assurez-vous que le couvercle est bien verrouillé en place sur le pichet-mélangeur. Ne pas procéder de la sorte augmente le risque de laceration.



**⚠ AVERTISSEMENT :** Les lames superposées sont coupantes et la tige n'est pas verrouillée en place. Pour verser sans le couvercle, retirez d'abord le jeu de lames superposées avec précaution, en le tenant par la tige. Ne pas procéder de la sorte augmente le risque de laceration.



### NETTOYAGE



**Nettoyage à la main :** Lavez les couvercles, le pichet et le jeu de lames à l'eau savonneuse tiède. Lavez le jeu de lames avec une brosse à vaisselle munie d'une poignée pour éviter tout contact direct avec les lames. Manipulez le jeu de lames avec soin pour éviter tout contact avec des bords tranchants, rincez-le et laissez-le sécher entièrement.

**⚠ AVERTISSEMENT :** Le jeu de lames superposées est coupant; manipulez-le avec soin lorsque vous le lavez. Le contact avec les lames peut causer des lacerations.

**Lave-vaisselle :** Le pichet, le couvercle et le jeu de lames superposées peuvent être mis au lave-vaisselle. Nous vous recommandons de placer le couvercle et le jeu de lames dans le panier supérieur. Retirez le jeu de lames du pichet avant de le mettre au lave-vaisselle.

**DES QUESTIONS?** Nous sommes là pour vous aider.  
Composez le **1 877 646-5288** ou visitez **ninjakitchen.com**.

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

# NINJA®

## Professional Blender 1000 Inspiration Guide



# WELCOME TO THE NINJA® FAMILY!

This guide will help you create wholesome foods to  
live your best Ninja® Inspired Lifestyle!

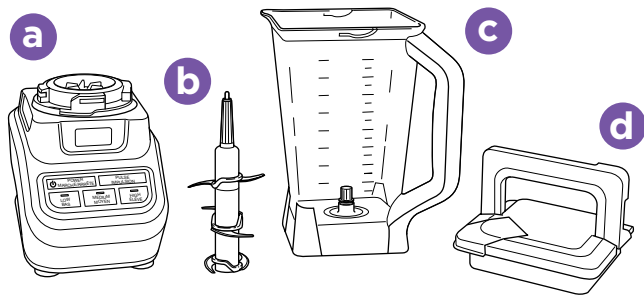


# TOTAL CRUSHING

Ninja® Total Crushing® technology delivers unbeatable professional power by blasting through and crushing even the toughest ingredients including ice, whole fruits, & vegetables. You will be able to create restaurant-quality frozen drinks, dips, sauces & more for the entire family in seconds!



# getting started:



**a. Motor Base**

**b. Ninja® Stacked Blade Assembly**

**c. 72\* ounce Pitcher**

**d. Lid with Locking Handle**

\*64 oz. Max. liquid capacity

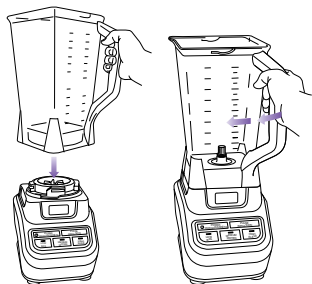
# cleaning instructions:

**Dishwasher:** The container, lid, and stacked blade assembly are all dishwasher safe. The lid and stacked blade assembly are top rack dishwasher safe. Ensure that the stacked blade assembly is removed from the container before placing in the dishwasher.

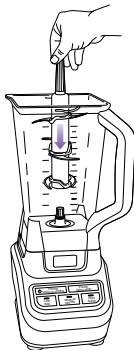
**Hand washing:** Wash container, lid, and stacked blade assembly in warm, soapy water. When washing the stacked blade assembly, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle the stacked blade assembly with care to avoid contact with sharp edges. Rinse and air dry thoroughly.

**⚠ WARNING:** Handle the stacked blade assembly with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

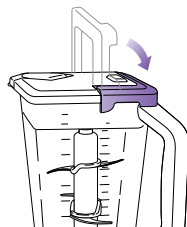
# quick assembly:



- 1.** Place pitcher on base and turn clockwise to lock in place.



- 2.** Holding the stacked blade assembly by the top of the shaft, insert it into the pitcher.



- 3.** Align arrows on lid and handle, then lower handle to lock in place.

**! WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto the pitcher before pouring. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

# Index to Ninja Recipes

Delicious recipes created with the Ninja® Professional Blender!

Smoothies 1

Cocktails 9

Frozen Treats 14

Sauces, Dips, & Sides 17

Soups 23



2 SERVINGS

# MORNING WAKE UP SMOOTHIE

- 1 small banana, peeled
- ½ cup mango
- ¼ teaspoon ground cinnamon
- 1 scoop whey protein powder
- 1 cup vanilla almond milk
- ¼ cup fresh orange juice
- 1 cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.





3-4 SERVINGS

## STRAWBERRY BANANA SMOOTHIE

- 1 cup coconut water
- ½ cup low-fat vanilla yogurt
- 2 cups fresh strawberries, stemmed
- 1 banana, peeled and cut in half
- 1 cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 3 times and blend on HIGH until smooth.

**3-4 SERVINGS**

# GREEN PARADISE

- 1 cup packed spinach
- 1 cup pineapple chunks
- 1 cup frozen mango chunks
- 1 small banana
- ½ cup ice
- 1½ cups coconut water

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 3 times and blend on HIGH until smooth.





2 SERVINGS

## MOCHA BANANA SHAKE

- 1 frozen banana
- ½ cup brewed coffee, chilled
- 3 tablespoons creamy almond butter
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon agave nectar
- 1 cup almond milk
- 1 cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.

**DO NOT BLEND HOT INGREDIENTS**

3-4 SERVINGS

# EMERALD GREEN SMOOTHIE

½ medium English cucumber, peeled and cut lengthwise

1 cup spinach

1 cup honeydew melon

1 cup cantaloupe

2 tablespoons fresh lime juice

½ cup coconut water

1 cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 3 times and blend on HIGH until smooth.





2-4 SERVINGS

# ISLAND SUNRISE SMOOTHIE

- 2 cups coconut water
- 1 cup pineapple, cut into 1" cubes
- 1 cup frozen mango
- 1 cup frozen strawberries
- 1 banana

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 3 times and blend on HIGH until smooth.

2 SERVINGS

# POMEGRANATE SMOOTHIE

1 cup low-fat yogurt  
1 cup pomegranate juice  
1 cup frozen blueberries  
2 tablespoons honey  
½ cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.





4 SERVINGS

## AUTUMN BLUSH

- 10 ounces steamed sweet potato, cooled
- 2 cups almond milk
- 1/4 cup maple syrup
- 1/2 teaspoon ground turmeric
- 1 teaspoon Kosher salt
- 1 1/2 cups ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.

**DO NOT BLEND HOT INGREDIENTS**

3-4 SERVINGS

# CLASSIC MARGARITA

½ cup fresh lime juice  
2 tablespoons fresh orange juice  
2 tablespoons fresh lemon juice  
4 ounces orange liqueur  
4 ounces tequila  
1 tablespoon sugar or agave nectar (optional)  
2 cups ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.





3-4 SERVINGS

## BANANA COLADA

- 1 cup frozen pineapple chunks
- 1 frozen banana
- 4 ounces light rum
- 1 cup pineapple juice
- ½ cup light coconut milk
- ½ cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 3 times and blend on HIGH until smooth.

3-4 SERVINGS

# PEAR & GINGER SAKÉ MARTINI

1 frozen pear, peeled, cored, and quartered

½ teaspoon grated fresh ginger

2 cups pear juice

½ cup saké

1 tablespoon agave

1 cup ice

Crystalized ginger pieces, slit part way through  
(optional, for garnish)

1. Place all the ingredients into the Pitcher in the order listed above, except for the crystalized ginger pieces.
2. PULSE 3 times and blend on HIGH until smooth.





3-4 SERVINGS

## TOASTED ALMOND JOY

- 1 cup chocolate ice cream
- 1 cup vanilla ice cream
- 3 tablespoons cream of coconut
- 3 ounces amaretto liqueur
- 2 ounces dark crème de cacao
- ½ cup almond milk
- ½ cup ice

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until smooth.

2-3 SERVINGS

# JAMAICAN SCREWDRIVER

4 ounces vodka  
2 ounces light rum  
2 cups orange juice  
1 cup frozen pineapple  
2 cups ice  
4 orange slices for garnish

1. Place all the ingredients into the Pitcher in the order listed above except for the orange slices.
2. Blend on HIGH until smooth.
3. Pour into chilled glasses and garnish with orange slices.





4 SERVINGS

## COCONUT PINEAPPLE SORBET

- 1 cup frozen pineapple
- 1 frozen banana
- 1 tablespoon fresh lime juice
- ½ cup light coconut milk
- 1 tablespoon agave
- 1 teaspoon fresh ginger, chopped

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until a smooth consistency.

2-4 SERVINGS

# WATERMELON MINT GRANITA

6 cups watermelon, peeled, seeded  
and roughly cut

1 tablespoon lime juice

3 tablespoons agave

6-8 mint leaves, chopped

1. Place all the ingredients into the Pitcher and blend on HIGH for 45 seconds until smooth. Strain the watermelon and discard the fruit.
2. Pour into a bowl or ice cube trays, freeze 3-4 hours until almost solid. Shave with a fork into glasses.



4 SERVINGS

## FROZEN STRAWBERRY PEACH TREAT



1½ cups frozen strawberries

½ cup frozen peaches

½ cup whole milk

¼ cup low-fat vanilla yogurt

2 tablespoons agave

1 teaspoon vanilla extract

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on HIGH until the ingredients thicken.
3. Garnish with your favorite fruit toppings.

2 CUPS

# FIRE-ROASTED TOMATO SALSA

1 14½ ounce can fire-roasted tomatoes with juice	½ jalapeño pepper
2 tomatoes, cored and seeded	½ teaspoon salt
½ small red onion, peeled, roughly cut	¼ teaspoon ground black pepper
3 cloves garlic, peeled	¼ teaspoon ground cumin
1 chipotle pepper, chopped	¼ cup fresh cilantro leaves
	2 tablespoons fresh lime juice

1. Place all the ingredients into the Pitcher in the order listed above.
2. PULSE 4-5 times until vegetables are roughly chopped or a desired consistency is reached.





2-4 SERVINGS

## CREAMY HERB DIP

1 cup low-fat sour cream	1 scallion, minced
½ cup plain Greek yogurt	1 teaspoon salt
1 tablespoon fresh dill	¼ teaspoon pepper
2 tablespoons chopped parsley	1 tablespoon milk

1. Place all the ingredients into the Pitcher in the order listed above.
2. Blend on MEDIUM until smooth.
3. Remove the dip and place in a small serving bowl.

2-4 SERVINGS

# SPINACH & ARTICHOKE DIP

¼ cup mayonnaise

¼ cup sour cream

8 ounces cream cheese

2 tablespoons lemon juice

1 14 ounce can artichoke hearts, drained & chopped

½ cup low-fat mozzarella cheese, shredded

¼ cup parmesan cheese, cut into pieces or grated

2 tablespoons chopped onion

1 cup frozen spinach, thawed and chopped (squeeze out excess liquid)

Salt and pepper to taste



1. Preheat the oven to 350°F. Place all the ingredients in the Pitcher in the order listed above except the spinach. Blend on MEDIUM for 15-20 seconds or until ingredients are combined.
2. Add the chopped spinach and PULSE until incorporated. Spoon the dip into a heat-resistant serving dish and bake for 20 minutes. Serve with sliced French bread.

**DO NOT BLEND HOT INGREDIENTS**



3 CUPS

## BUTTERMILK RANCH DRESSING

½ cup buttermilk

1 cup mayonnaise

1 tablespoon lemon  
juice

¼ cup fresh parsley  
leaves

12 sprigs fresh chive,

cut into 1" batons

⅛ cup fresh tarragon

1 clove garlic

1 teaspoon cracked  
black pepper

½ teaspoon Kosher salt

1. Place all of the ingredients into the Pitcher in the order listed above.
2. Blend on MEDIUM until smooth. Chill before serving.

4-6 SERVINGS

# BASIL PESTO

- ½ cup toasted pine nuts
- 4 large garlic cloves, peeled
- 3 cups tightly packed fresh basil leaves
- ½ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ to ¾ cup of extra virgin olive oil

1. Place all the ingredients into the Pitcher except the olive oil, and blend on **MEDIUM** until smooth.
2. Add the olive oil and continue to blend until all the ingredients are combined and smooth.





3 CUPS

## CLASSIC MARINARA SAUCE

1 14-ounce can tomato puree

1 27-ounce can whole peeled tomatoes

3 tablespoons chopped onion

¼ cup olive oil

1 teaspoon Italian seasoning

1 teaspoon garlic powder

1 teaspoon sugar

Salt and pepper to taste

1. Place all the ingredients into the Pitcher and blend on MEDIUM until smooth.
2. Simmer the sauce over medium heat in a saucepan for 15-20 minutes.

**DO NOT BLEND HOT INGREDIENTS**

4 SERVINGS

# BROCCOLI CHEDDAR SOUP

3 cups broccoli florets, trimmed and roughly chopped

½ small yellow onion, chopped

1 medium carrot, peeled and julienned

3 tablespoons butter

2 tablespoons flour

3 cups chicken broth

1 cup whole milk

6 ounces cheddar cheese, shredded

Salt and pepper to taste



1. Melt butter in a heavy bottom pot. Add the onions and carrots and cook until tender, about 5 minutes. Whisk in the flour and cook for 5 more minutes. Add broth, continue stirring as mixture thickens. Add broccoli and simmer on medium heat until tender, about 20 -25 minutes, stirring occasionally. Cool to room temperature.
2. Place soup into the Pitcher & blend on HIGH until smooth.
3. Transfer the soup to the pot. Add milk, cheese, and seasonings then simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS**



4 SERVINGS

## BUTTERNUT SQUASH SOUP

4 cups butternut squash, peeled and cut into ½” pieces (1 medium squash)

½ small yellow onion, chopped

2 tablespoons butter

1 tablespoon olive oil

3 cups chicken broth

1 cup half & half cream

⅛ teaspoon nutmeg

Salt and pepper to taste

\*For a low fat version, substitute milk or vegetable broth for the cream.

1. Place olive oil in a heavy bottom pot. Add the onions and cook until translucent. Add squash and broth. Bring to a boil, turn stove down to medium-low heat, and simmer until tender for about 25-30 minutes. Cool to room temperature.
2. Place the soup in the Pitcher. Blend on HIGH until smooth.
3. Return to the pot. Add the cream, nutmeg, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS**

4 SERVINGS

# ROASTED GARLIC & ROMA TOMATO SOUP

- 1 28 ounce can whole peeled tomatoes
- 4 garlic cloves, roasted
- 3 tablespoons tomato paste
- 6 ounces silken tofu
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup vegetable broth
- 1 tablespoon fresh basil leaves, chopped

**DO NOT BLEND HOT INGREDIENTS**



1. Place the tofu and broth into the Pitcher and blend on MEDIUM until smooth. Add the tomatoes, garlic, paste, olive oil, salt and pepper into the Pitcher. Blend on MEDIUM until smooth.
2. Transfer to a large saucepan and add basil. Warm over medium-low heat for about 15 minutes or until heated through.



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**customer service 1-877-646-5288**  
**[www.ninjakitchen.com](http://www.ninjakitchen.com)**