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

NINJA DETECT™ KITCHEN SYSTEM

POWER BLENDER + PROCESSOR PRO

WITH BlendSense™ TECHNOLOGY

10+ QUICK & EASY RECIPES

Blending made simple.

Welcome to the Ninja Detect™ Power Kitchen System Pro Inspiration Guide. 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 and drinks to soups, spreads, and entrées. Now let's get blending!

For helpful tips and tricks on how to use your blender, scan the QR code above.

TABLE OF CONTENTS

USING THE CONTROL PANEL 2
BLENDSENSE™ TECHNOLOGY 3
PROCESSING MODE PROGRAMS 6
MANUAL PROGRAMS 7
WHAT'S IN THE BOX & CLEANING 8
USING THE PITCHER 9
BLENDING 101 10
FOOD PREP 101 11
INTRO TO SMOOTHIE BOWLS 12
INTRO TO NUT BUTTERS 13
FOOD PROCESSOR BOWL PROGRAMS 14
SLICING & SHREDDING 101 15
MAKING DOUGH WITH BLENDSENSE 16
USING THE POWER FOOD PROCESSOR BOWL 18
LOAD IT UP 20
USING THE SINGLE-SERVE CUP 21
SMOOTHIES 22
DRINKS 26
SMOOTHIE BOWLS 27
EXTRACTIONS 28
DIPS & SPREADS 29
ENTRÉES 32
DESSERT 36

USING THE Control Panel

NOTE: *Press the dial to START or STOP any program. Turn to select.*

POWER ⏻
Press to power the unit on and off.

MANUAL
Adjustable speed for total blending control.

BLENDSENSE™
Intelligent one-touch program senses your ingredients and blends to perfection.

MODE (Pitcher and Processor Bowl only)
Preset processing programs (Disc, Mince, Small Chop, and Large Chop) that chop, mince, slice, and shred.

PULSE
Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

BlendSense™ TECHNOLOGY

THE BLENDER THAT AUTOMATICALLY ADJUSTS
SPEED & TIME
FOR PERFECTLY **SMOOTH RESULTS**

how it works
Identifies fresh or frozen ingredients and recipe size. Automatically adjusts time, speed, and power for perfect results.

add liquid alert*
Alerts you when liquid is needed during blending to completely process your recipe, so you get a perfectly smooth drink every time. When "ADD LIQUID 💧" displays on the dial, press START/STOP and remove the cup from the base. Add ½ to 1 cup of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.

*Only available when using the Single-Serve Cup.

PERFECTLY SMOOTH		PERFECTLY THICK		CHOPPED & PROCESSED		MIXED, SLICED & SHREDDED	
EXTRACTIONS	SMOOTHIES	SMOOTHIE BOWLS	NUT BUTTERS	SALSA	PESTO	PIZZA DOUGH	COLE SLAW

BlendSense™ TECHNOLOGY

Intelligent BlendSense program that revolutionizes traditional blending by sensing your ingredients and blending to perfection every time. The BlendSense program will be active by default. Press ⏻ button, then START/STOP. Once the program begins, it will automatically stop when blending is complete. To stop blending before the end of the program, press the dial again.

Simply press the dial to start the BlendSense program.

1

SENSE
Starts blending to sense your ingredients.

2

BLEND
Automatically chooses the blending speed, time, and pulses.

3

ENJOY
Blends to perfection, no matter the portion size.

BlendSense is best used to achieve smooth blends such as smoothies, frozen drinks, smoothie bowls, dips, purees, doughs, and sauces.

INITIAL BLENDING

SENSING
In the first 15 seconds, actively adjusts speed and time based on ingredients and recipe size.

BLENDING POSSIBILITIES

BLENDING
Blends continuously without pulsing.

CRUSH AND MAX-CRUSH
Detects tougher and frozen ingredients, then adjusts the pulsing pattern for a smooth blend.

THICK MODE
Creates thick spoonable results.

DOUGH
Processes doughs and batters, including pie, pizza, and cookie doughs. Use with Dough Blade Assembly.

***NOTE:** Once blending possibility is selected, runtime will count down on the display in seconds. Total time varies from seconds up to almost two minutes.*

ERROR DETECTION

INSTALL
Illuminates if no vessel is installed or if a vessel is installed incorrectly. To resolve, reinstall the vessel.

ADD LIQUID 💧
When using the Single-Serve Cup, this illuminates if, during blending, your recipe requires more liquid to blend. When "**ADD LIQUID 💧**" displays on the dial, press START/STOP and remove the cup from the base. Add 1/2 to 1 cup of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.

Processing MODE PROGRAMS

DISC: Processor Bowl only

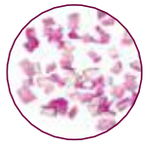
LARGE CHOP, SMALL CHOP, and MINCE: Pitcher and Processor Bowl only

Smart preset programs combine unique pausing patterns that process for you. Press MODE, turn the dial to select your desired program, then press START/STOP. The program will automatically stop when complete. Press the dial again to stop the program sooner. They do not work in conjunction with the BlendSense program or Manual programs.

NOTE: *Number of seconds is displayed for each program's runtime.*

LARGE CHOP:
Cutting into bite-sized pieces.

SMALL CHOP:
Precision level of chopping.



MINCE:
Finest level of chopping.

DISC:
Used for slicing or shredding.
NOTE: *Use with the Reversible Slicing/Shredding Disc.*

Manual PROGRAMS

Go manual for total control of your blending speed and textures. Press MANUAL, turn the dial to select your desired speed, then press START/STOP. When selected, each speed runs continuously for 60 seconds. Press the dial again to stop the program sooner.

VARIABLE SPEED CONTROL (Speeds 1–10): Pitcher only.

START SLOW (Speeds 1–3):
Always start at low speed to better incorporate ingredients and prevent them from sticking to the sides of the vessel.

DIAL UP THE SPEED (Speeds 4–7):
Smoother blends call for higher speeds. Low speeds are great for chopping veggies, but you'll need to ramp up for purees and dressings.

HIGH-SPEED BLENDING (Speeds 8–10):
Blend until your desired consistency is reached. The longer you blend, the better the breakdown and smoother the outcome will be.

LOW, MEDIUM, HIGH Speeds:
Single-Serve Cup and Processor Bowl only.

NOTE: *Once speed is selected, runtime will count up on the display in seconds.*

What's in the box

PITCHER LID
With spout for easy pouring

NINJA DETECT™ TOTAL CRUSHING® & CHOPPING BLADES (STACKED BLADE ASSEMBLY)
Blast through frozen fruit and ice in seconds

72-OZ.* PITCHER
Crush, chop, and make smoothie bowls in one compact versatile pitcher
*64-oz. max liquid capacity

DISPLAY
Easy-to-use START/STOP dial, BlendSense™ button, manual, mode, and pulse buttons

MOTOR BASE
Powerful high-speed motor with 1800 peak watts

FEED CHUTE LID & PUSHER

POWER FOOD PROCESSOR BOWL
Use for even chopping, smooth purees, and processing up to 2 lbs. of dough.

DISC SPINDLE

REVERSIBLE SLICING/ SHREDDING DISC
Perfect for outputs like thinly sliced cucumbers and shredded carrots.

CHOPPING BLADE ASSEMBLY
Delivers consistent, even chopping.

DOUGH BLADE ASSEMBLY
Evenly mixes dough for pizzas, cookies, and pies.

HYBRID EDGE™ BLADES ASSEMBLY
High-grade stainless steel blades breakdown frozen whole fruits and veggies, nuts, seeds, and ice for smoother blends

24-OZ. SINGLE-SERVE CUP WITH SPOUT LID
Create delicious drinks to take on the go

CLEANING

Dishwasher

All parts except the motor base are top-rack dishwasher safe and should **NOT** be cleaned with a heated dry cycle.

Hand-Washing

Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle.

WARNING: Handle the blade assemblies with care when washing, as the blades are loose and sharp. Contact with the blades' edges can result in laceration.

USING THE Pitcher

ASSEMBLY

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

2 Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher.

3 Install the lid, then press to lower the handle to lock in place.

BLEND & ENJOY

1 When powering on the unit, the BlendSense™ program will be active by default. Press the dial to begin the program.

For Manual programs or Processing Mode programs, press the desired button above the dial. Use the dial to select your desired speed (1–10) or Processing Mode program, then press the dial to begin. To stop a program at any time, press the dial again.

2 When blending is complete, turn pitcher counterclockwise and lift to remove.

3a To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.

3b For thicker mixtures, press RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

NOTE: *The pitcher lid handle will not fold down unless it is attached to the pitcher.*

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

Blending 101

Guidelines for best results using the 72-ounce pitcher		
INGREDIENTS	**1–2 SERVINGS**	**3–4 SERVINGS**
Liquid and Yogurt	1–2 cups	2 1/2–1 2/3 cups
Fresh and/or Frozen Fruit	2 1/2–3 1/2 cups	3 1/2–4 1/2 cups

Tips to set yourself up for blending success.

Do not process or grind dry ingredients.
For best results, blend fresh leafy greens and herbs in the single-serve cup.
Do not go past the MAX LIQUID (64 oz) line when loading the pitcher.
Do not overfill the pitcher with ingredients when using. For best and smoothest results, follow the loading order below.

Top off with ice or frozen ingredients. 5

Then, add 2–4 tablespoons of any dry or sticky ingredients like seeds, powders, and nut butters (optional). 4

Next, add up to 1 cup of leafy greens and herbs (optional). 3

Add desired amount of fresh fruits and vegetables (for best results, cut in 1-inch pieces). 2

Start by pouring in liquid or yogurt. For thinner results or a juice-like drink, add more liquid. 1

Food prep 101

Tips to simplify your chopping.

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-inch pieces, and broccoli or cauliflower florets into 1-inch pieces. Cut ingredients such as onions in quarters.

PREPPING MEAT

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

WARNING: Stacked Blade Assembly is loose and 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.

NOTE: *Both the pitcher and food processor bowl can be used for chopping.*

INTRO TO Smoothie bowls

FOR YOURSELF, TO SHARE, OR FOR A CROWD

INGREDIENTS	1 SERVING	2 SERVINGS	4 SERVINGS
Milk of Choice	1 Cup	2 Cups	4 Cups
Frozen Fruit	2 Cups	4 Cups	8 Cups

1. Add milk

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

ALWAYS DO THIS FIRST.

2. Add frozen fruit

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

Cut larger fruit, like bananas, in quarters.

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

3. Add-ins (Optional)

Amplify your base by adding 2–4 scoops of yogurt, flavor powder, protein powder, and/or nut butter.

4. Blend

Install lid, then install pitcher on the motor base.

Use the dial to select **BLENDSENSE**, then press START/STOP.

5. Serve

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

INTRO TO Nut butters

1. Add roasted nuts

Place 3 cups roasted nuts, such as almonds, peanuts, walnuts, cashews, and/or pecans, into the 72-ounce pitcher.

2. Add oil

Add 1/4 cup oil, such as canola, coconut (melted), vegetable, or peanut, on top of the nuts.

3. Add-ins (optional)

Amplify your nut butter by adding up to 2 tablespoons of each:

Seeds
Chia, pumpkin, sunflower, or flax

Flavorings
Cinnamon, nutmeg, salt, cocoa powder, or vanilla extract

Sweeteners
Honey, maple syrup, or agave nectar

4. Blend

Select **BLENDSENSE**, then press START/STOP.

Food processor bowl PROGRAMS

Tips and tricks for the Power Food Processor Bowl

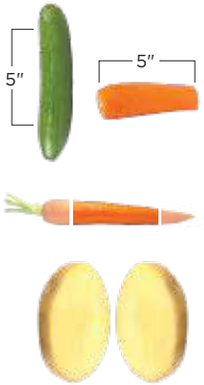
Recommended Programs by Blade Assembly and Disc			
BLADE ASSEMBLY OR DISC	**BLENDSENSE PROGRAM**	**RECOMMENDED PROCESSING MODE PROGRAMS**	**RECOMMENDED MANUAL PROGRAMS**
Chopping Blade Assembly	Yes	Mince, Small Chop, Large Chop	Low, Medium, High, or Pulse
Dough Blade Assembly	Yes	N/A	Low or Pulse
Reversible Slicing/Shredding Disc	No	Disc	Low

Slicing & shredding 101

REVERSIBLE SLICING/SHREDDING DISC

The Reversible Slicing/Shredding Disc is perfect for outputs like thinly sliced cucumbers and shredded carrots. Face the side labeled “slicer” up for slicing and face the side labeled “shredder” up for shredding.

WARNING: Ensure cheese is well chilled before slicing/shredding or grating. **DO NOT** slice, shred, or grate frozen cheese.



FOOD PREP TIPS

Trim ingredients so they are in 4-inch to 5-inch pieces or slightly over the height of the feed chute.

DO NOT cut ingredients smaller than the height of the feed chute.

Cut both ends off ingredients to create flat surfaces. Trim tapered ingredients like carrots to make them more symmetrical.

Larger ingredients, such as potatoes, may need to be cut in half lengthwise.

USING THE PUSHER

Use the food pusher to help guide food through the feed chute.

NOTE: *Install the disc spindle before installing the disc.*

Making dough WITH BLENDSENSE

Loading tips for making different doughs and batters.

PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Select BLENDSENSE, and press START/STOP.

2 Remove dough ball and knead to combine, if necessary.

BISCUITS, PIE DOUGH & 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, and cubed cold butter or shortening. Press PULSE until combined (butter or shortening should be in pieces the size of peas).

2 Add cold liquids (such as cold milk or water) through the lid, then select BLENDSENSE, and press START/STOP. If more mixing is needed, run on Low speed until combined.

3 Remove dough ball and knead to combine, if necessary.

COOKIES, CAKES, BROWNIES, MUFFINS & QUICK BREADS

1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Press PULSE until well combined.

2 Add all dry ingredients and run the BlendSense program. Select BLENDSENSE, and press START/STOP. If more mixing is needed, run on low speed until combined.

3 Add mix-ins (such as chocolate chips, raisins, and nuts). Press PULSE 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 a dough ball forms.

NOTE: DO NOT *run BlendSense program more than three times for tougher doughs.*

USING THE Power food processor bowl

BLADE ASSEMBLY

1
Lower the Power Food Bowl onto the motor base and rotate clockwise until it clicks into place.

2
Exercising care, grasp the Chopping Blade Assembly by the top of the shaft and place it onto the drive gear inside the bowl. Note that it will fit loosely onto the drive gear.

3.
Place feed chute lid on the bowl and turn clockwise until you hear a click.

NOTE: *Follow the same instructions to install the Dough Blade Assembly*

CHOP & ENJOY

1 Once the lid is locked in place, press the Power button to turn unit on. When powering on the unit, the BlendSense™ program will be active by default. Press the dial to begin the program.

2 For Manual programs or Processing Mode programs, press the desired button above the dial. Use the dial to select your desired speed (LOW, MEDIUM, or HIGH) or Processing Mode program, then press the dial to begin. To stop a program at any time, press the dial again.

NOTE: *When using the Chopping Blade Assembly, it is recommended to use MINCE, SMALL CHOP, or LARGE CHOP. Processing Mode programs are not recommended when using the Dough Blade Assembly. When using the Dough Blade Assembly, only use LOW speed.*

3 When finished, press the button on the lid near the handle to unlock, then turn counterclockwise and lift up from the bowl. Always remove the Chopping Blade Assembly before emptying the ingredients from the bowl. To remove the Chopping Blade Assembly, carefully grasp it by the top of the shaft and lift it out of the bowl.

Use the Dough Blade Assembly in place of the Chopping Blade Assembly for processing cookie, pizza, and bread dough with the BlendSense program.

DISC ASSEMBLY

1
Place the disc spindle onto the drive gear inside the pitcher. Then, use the plastic grip to grasp the disc and place it over the spindle.

The Slicing/Shredding Disc is reversible. Use the side labelled "Slicer" for slicing. Carefully flip the disc over to the side labelled "Shredder" for shredding.

2
Place the feed chute lid on the bowl and turn clockwise until it clicks, indicating the lid is locked in place.

SLICE or SHRED & ENJOY

3 If using a Processing Mode program, select MODE, then use the dial to select DISC. If using a Manual program, select MANUAL, then use the dial to select your desired speed (LOW recommended). To start, press the dial.

NOTE: *It is not recommended to use the BlendSense™ program with the Reversible Slicing/Shredding Disc.*

4 Add the prepped ingredients you want to slice, shred, or grate through the feed chute on the lid. Use the pusher to help guide food through the feed chute.

5 To remove the lid, press the button on the feed chute lid, then turn the lid counterclockwise. Lift the lid from the bowl. Carefully lift the disc out of the bowl. Then, grasp the spindle and lift it to remove.

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

Load IT UP

Guidelines for best results using the single-serve cup		
INGREDIENTS	**1 SERVING**	**2 SERVINGS**
Liquid and Yogurt	3/4–1 cups	1–1 1/2 cups
Fresh and/or Frozen Fruit	1–1 1/2 cups	2–3 cups

Do not blend hot, effervescent, or carbonated liquids or ingredients. Doing so may cause excessive pressure buildup, resulting in risk of laceration and or the user being burned.

Do not process or grind dry ingredients.

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

Do not overfill the cup with ingredients when using. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.

5 Top off with ice or frozen ingredients.

4 Then, add 2–4 tablespoons of any dry or sticky ingredients like seeds, powders, and nut butters (optional).

3 Next, add up to 1 cup of leafy greens and herbs (optional).

2 Add desired amount of fresh fruits and vegetables (for best results, cut in 1-inch pieces).

1 Start by pouring in liquid or yogurt. For thinner results or a juice-like drink, add more liquid as desired.

PREP TIPS: For best results, cut ingredients in 1-inch pieces. Place frozen ingredients in the cup last.

USING THE Single-Serve Cup

ASSEMBLY

1 Fill Single-Serve Cup with desired contents.

2 Screw on Hybrid Edge™ Blades Assembly clockwise until you have a tight seal.

3 Flip cup upside down and lower it onto base.

4 Turn cup clockwise to lock in place.

ADD LIQUID 💧 ALERT

During the BlendSense program, if the unit detects more liquid is needed, "**ADD LIQUID 💧**" will display in the dial. Press START/STOP, remove the cup from the base, and add 1/2 to 1 cup of additional liquid. After reinstalling the cup on the base, press START/STOP again to run the BlendSense program again.

BLEND & ENJOY

1 When powering on the unit, the BlendSense™ program will be active by default. Press the dial to begin the program.

For Manual programs, press MANUAL. Use the dial to select your desired speed (LOW, MEDIUM, or HIGH), then press the dial to begin.

NOTE: *Processing Mode programs are only compatible with the and Processor Bowl.*

2 When blending is complete, turn cup counterclockwise and lift to remove.

3 Turn blade assembly counterclockwise to remove.

4 Taking it to go?
Place the Spout Lid on top of the cup and turn clockwise to seal.

⚠ **WARNING:** Handle the Hybrid Edge Blades Assembly with care, as the blades are sharp.

BLENDSENSE™ TECHNOLOGY

BLUEBERRY POWER SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

3/4 cup oat milk
1/2 cup plain Greek yogurt
1/2 green apple, cored, cut in 4 pieces
1 cup baby spinach
1 tablespoon honey
1 cup frozen blueberries
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
2. Select BLENDSENSE, then press START/STOP.
3. Remove the blade from the cup after blending.

BLENDSENSE™ TECHNOLOGY

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

3/4 cup whole milk
1 fresh banana, peeled, cut in half
1/4 cup peanut butter
1/2 tablespoon cocoa powder
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
2. Select BLENDSENSE, then press START/STOP.
3. Remove the blade from the cup after blending.

72-OUNCE PITCHER

BLENDSENSE™ TECHNOLOGY

TROPICAL DELIGHT SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 2–3 SERVINGS

INGREDIENTS

2 1/2 cups coconut milk
1/2 cup pineapple juice
2–3 tablespoons lime juice
1 banana, peeled
2 cups frozen mango pieces
2 cup frozen pineapple pieces

DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
2. Select BLENDSENSE, then press START/STOP.
3. When blending is complete, open the pour spout, pour into cups and serve.

BLENDSENSE™ TECHNOLOGY

CLASSIC STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 4-6 SERVINGS

INGREDIENTS

2 3/4 cups milk of choice
2 cups whole frozen strawberries
2 cups sliced frozen banana or 1 fresh banana
1 cup Greek yogurt
1 tablespoons honey
1 teaspoon vanilla extract

DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Add ingredients to the pitcher in the order listed, then install the lid.
2. Select BLENDSENSE, then press START/STOP.
3. When processing is complete, remove the lid and stacked blade, pour into cups and serve.

TIP For a sweeter smoothie, double recommended honey amount.

72-OUNCE PITCHER

72-OUNCE PITCHER

BLENDSENSE™ TECHNOLOGY

FROZEN SANGRIA

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 3–4 SERVINGS

INGREDIENTS

2 cups dry red wine
1/3 cup orange liqueur
1 tablespoon lime juice
2 navel oranges, peeled, cut in half
1 tablespoon agave
3 cups frozen mixed berries
2 1/2 cups ice cubes

DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
2. Select BLENDSENSE, then press START/STOP.
3. When blending is complete, open the pour spout, pour into cups, and serve.

TIP If sangria is too thick to pour through spout, remove the lid and stacked blade, then portion into cups and serve.

BLENDSENSE™ TECHNOLOGY

COCONUT DRAGON FRUIT SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 2–4 SERVINGS

INGREDIENTS

1 3/4 cups coconut milk
1 tablespoon honey
2 cups frozen pineapple chunks
1 cup frozen Acai chunks
7 ounces frozen dragon fruit
1 tablespoon frozen or fresh ginger

Toppings (optional):

Sweetened coconut flakes
Fresh berries
Fresh mango
Granola
Slivered almonds
Mini dark chocolate chips

DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
2. Select BLENDSENSE, then press START/STOP.
3. When processing is complete, remove the lid and stacked blade, then portion into bowls and garnish as desired.

TIP If smoothie is too thick to pour through spout, remove the lid and stacked blade, then pour into cups and serve.

72-OUNCE PITCHER

SINGLE-SERVE CUP

BLENDSENSE™ TECHNOLOGY

RASPBERRY LEMON-LIME EXTRACT*

PREP: 5 MINUTES
CONTAINER: 24-OUNCE SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

1 1/4 cups prepared lemonade
1 tablespoon fresh lime juice
1 tablespoon honey
1 cup ice cubes
1 1/2 cups frozen raspberries

DIRECTIONS

1. Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
2. Select BLENDSENSE, then press START/STOP.
3. Remove the blade from the cup after blending.

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

MINCE

CHUNKY SALSA

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 8–10 SERVINGS

INGREDIENTS

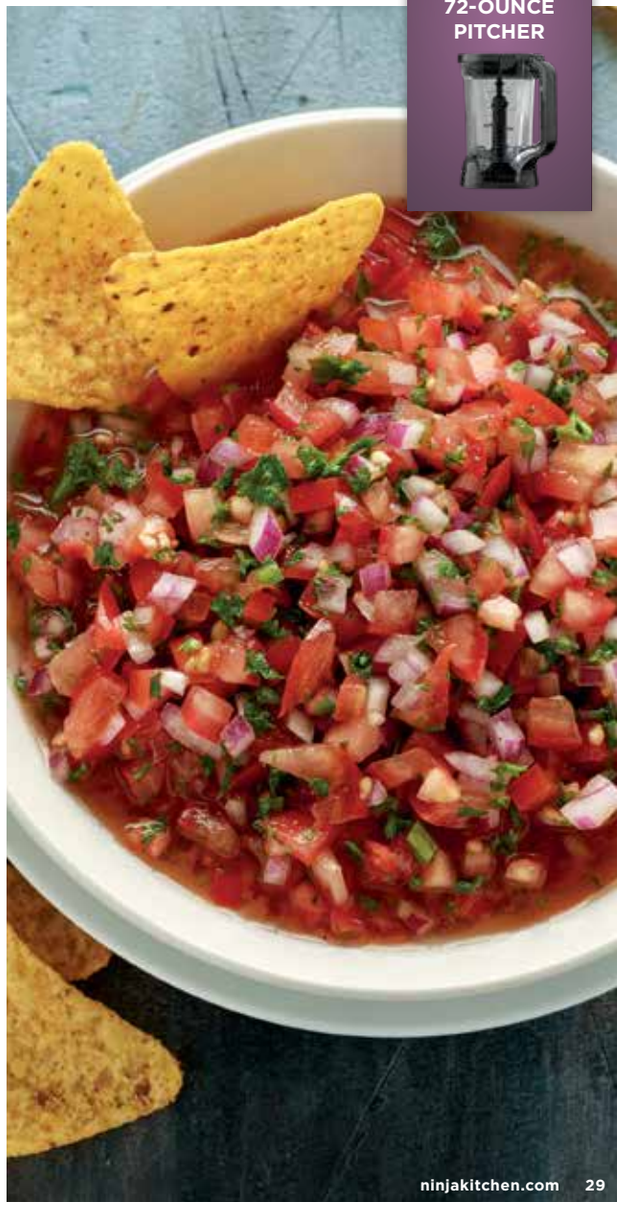
3 Roma tomatoes, cored, cut in half
1/4 cup cilantro, stems removed
1/2 yellow pepper, seeded, cut in quarters
1/2 jalapeño pepper, seeded, ends cut off
1/2 red onion, peeled, cut in half, ends removed
1 can (28 ounces) whole peeled tomatoes, drained
3 cloves garlic, peeled
1 tablespoon lime juice
1 1/2 teaspoons cumin
1 1/2 tablespoons kosher salt
Ground black pepper, as desired

DIRECTIONS

1. Install stacked blade into the 72-ounce Pitcher. Place ingredients in the pitcher in the order listed, then install the lid.
2. Select MODE, MINCE, then press START/STOP. When program is complete, press MINCE, and START/STOP again.
3. When processing is complete, remove the lid and stacked blade. Pour salsa into a large bowl and serve with tortilla chips.

TIP If you prefer your salsa smoother, press PULSE until desired consistency is achieved.

72-OUNCE PITCHER



MANUAL MODE

GARLIC WHITE BEAN DIP

72-OUNCE PITCHER

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 2–4 SERVINGS

INGREDIENTS

2 cans (15 ounces each) cannellini beans, drained and rinsed

2–3 small cloves garlic, peeled

1/4 cup olive oil

1/4 cup fresh parsley, stems removed

3 tablespoons lemon juice

1/4 teaspoon cumin

Kosher salt, as desired

Ground black pepper, as desired

DIRECTIONS

1. Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
2. Select MANUAL, turn dial to speed 8, press START/STOP, and blend for 60 seconds.
3. When blending is complete, remove the lid and stacked blade, then transfer dip to a serving bowl. Serve with chips, crackers, or vegetables.

TIP For a stronger garlic flavor, use 3 garlic cloves.

SMALL CHOP

TURKEY VEGGIE MEATBALLS

72-OUNCE PITCHER

PREP: 40 MINUTES
COOK: 35 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 14–16 MEATBALLS

INGREDIENTS

½ white onion, peeled, ends trimmed, cut in half
6 ounces mushrooms (cremini or white)
2 cloves garlic, peeled
1 tablespoon dried oregano
¼ cup fresh parsley, stems removed
1 ½ pounds ground turkey
1 tablespoon mayonnaise
1 large egg
½ cup bread crumbs
Kosher salt, as desired
Ground black pepper, as desired

DIRECTIONS

1. Preheat oven to 350°F and line 2 baking pans with parchment paper.
2. Install stacked blade in the 72-ounce Pitcher. Add onion, mushroom, garlic, oregano, and parsley to the pitcher in the order listed, then install the lid.
3. Select MODE, SMALL CHOP, then press START/STOP. When program is complete, press SMALL CHOP and START/STOP again.
4. When processing is complete, remove the lid and stacked blade from the pitcher. Empty the chopped vegetables in a large bowl and add the turkey, mayonnaise, egg, bread crumbs, salt, and pepper. Combine ingredients with a large spoon or rubber spatula.
5. Portion the turkey mixture into 14 to 16 balls and place on prepared baking sheets.
6. When oven is preheated, bake 35 minutes or until the internal temperature of the meatballs reads 165°F on an instant-read thermometer.

TIP For vegetarian meatballs, replace turkey with 1 ½ pounds plant-based ground beef.

BLENDSENSE™ TECHNOLOGY, DISC

PEPPER & ONION PIZZA POCKETS

PREP: 25 MINUTES
COOK: 25 MINUTES
CONTAINER: 64-OUNCE POWER FOOD PROCESSOR BOWL
MAKES: 16 SERVINGS

INGREDIENTS

Dough:

1 1/4 cups warm water (110–115°F)

1 1/2 teaspoons granulated sugar

1 packet (3/4 ounce) ***or***
2 1/4 teaspoons dry active yeast

1/2 cup olive oil

4 cups all-purpose flour

1 teaspoon kosher salt

Nonstick cooking spray

Filling:

1 bell pepper, seeded, cut in quarters

1/2 white onion, peeled, ends trimmed, cut in half

1 block (16 ounces) low-moisture whole-milk mozzarella cheese, cut in 1-inch strips

Sauce:

1 can (14 ounces) prepared pizza sauce

Egg wash:

1 egg, beaten

1 tablespoon water

DIRECTIONS

1. Install dough blade in the Power Food Processor Bowl. Add the water, sugar, and yeast to the bowl and stir to combine. Allow mixture to sit for 5 minutes, or until foamy.
2. Add the olive oil, flour, and salt to the bowl. Install the lid, select BLENDSENSE, then press START/STOP to begin program.
3. When program is complete, remove the dough and dough blade. Wipe the bowl clean.
4. Knead the dough on a clean work surface to form a smooth ball. Then spray a large bowl with nonstick cooking spray, place dough in bowl, and cover with plastic wrap. Allow dough to rise until doubled in size (about 45 minutes).
5. Install the spindle in the Power Food Processor Bowl, then carefully install the Reversible Slicing/Shredding Disc with the side marked "slicer" facing up on the spindle. Install the lid. Add 2 pieces of bell pepper to the feed chute, then press MODE, select DISC, and press START/STOP. Use the pusher to guide the peppers through the feed chute. Repeat with remaining peppers and onion. When processing is complete, remove lid and disc, then transfer peppers and onions to a small bowl and set aside.
6. Wipe the bowl and disc clean. Install the Reversible Slicing/Shredding Disc back onto the spindle with the side labeled "shredder" facing up, then install the lid.
7. Add the pieces of mozzarella to the feed chute. Press MODE, select DISC, and press START/STOP. Use the pusher to guide the cheese through the feed chute. Repeat with remaining cheese. When shredding is complete, remove lid and disc, then transfer cheese to a small bowl and set aside.
8. When dough ball has doubled in size, preheat oven to 425°F. Line 2 baking pans with parchment paper and set aside.
9. Lightly flour a clean work surface and cut the dough ball in half. Working with one half at a time, roll dough into a 12x12-inch square. Cut the dough into 8 equal squares. Repeat with second half of dough.
10. In the center of each square, add 1 tablespoon sauce, 2 tablespoons cheese, and 1 tablespoon onions and peppers.
11. Fold the dough over itself and seal in filling using a fork to pinch the edges closed. Place pockets onto prepared baking pans.
12. Combine beaten egg with water and brush the top of each pocket. Then cut 3 small slits in the top of each.
13. When oven is preheated, bake for 20 minutes or until golden brown. Allow pizza pockets to cool for at least 10 minutes before serving.

BLENDSENSE™ TECHNOLOGY

STRAWBERRY PEACH COBBLER

64-OUNCE PROCESSOR BOWL

PREP: 15 MINUTES
COOK: 40 MINUTES
CONTAINER: 64-OUNCE POWER FOOD PROCESSOR BOWL
MAKES: 8–10 SERVINGS

INGREDIENTS

Pie Filling:

3 cups fresh strawberries, hulled, cut in half

2 cups fresh or frozen peach slices

3/4 cup granulated sugar, plus 1 tablespoon, divided

3 tablespoons all-purpose flour

1/2 tablespoon lemon juice

Biscuit Dough:

2 cups all-purpose flour

1 tablespoon granulated sugar

1 tablespoon baking powder

1/4 teaspoon kosher salt

1 stick (4 ounces) cold unsalted butter, cut in cubes

3/4 cup whole milk, plus 2 tablespoons, divided

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all filling ingredients in a medium bowl, reserving 1 tablespoon sugar. Pour filling into 8 x 8-inch baking pan and set aside.
3. Install dough blade in the Power Food Processor Bowl. Add flour, sugar, baking powder, and salt, then press PULSE three times to combine.
4. Add butter and PULSE until combined. (Butter should be in pieces the size of peas.)
5. Add 3/4 cup milk, select BLENDSENSE, and press START/STOP.
6. Transfer dough to a lightly floured surface and pat down with hands to 1 1/2 inches thick. Using a pastry cutter or knife, portion the dough into 6 equal pieces.
7. Place biscuits on top of the prepared pie filling, brush the tops with the reserved 2 tablespoons milk, and sprinkle with reserved 1 tablespoon sugar.
8. When oven is preheated, bake for 40 minutes or until tops of biscuits are golden brown. Allow to cool for 10 minutes before serving.

TIP Swap fresh strawberries for 3 cups frozen sliced strawberries, if desired.

NINJA

DETECT™ KITCHEN SYSTEM

POWER BLENDER + PROCESSOR PRO

WITH BlendSense™ TECHNOLOGY

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