

Please make sure to read the enclosed Ninja® Instructions prior to using your unit.



# NINJA® Foodi™

**POWER NUTRI™  
BLENDER 2-IN-1**

**QUICK & EASY RECIPES**

For more visit  
[cookingcircle.com](http://cookingcircle.com)





**BUILT-IN  
Power Paddle**

Twist

## Introducing the POWER NUTRI™ BOWL

It's never been easier to create thick and spoonable smoothie bowls, nut butters and more. All you have to do is twist the Power Paddle while blending to push ingredients down towards the blade. It's like having a built-in tamper.



### DID YOU KNOW?

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

## Smoothie bowl basics

### USING THE POWER NUTRI™ BOWL



**1.**

Add milk or milk alternative such as soy, coconut, almond or oat milk, up to the **LIQUID FILL** line.

**ALWAYS DO THIS FIRST.**



**2.**

Add **frozen fruit, directly from freezer** and/or açaí, up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

**If using açaí, thaw slightly and cut in quarters.**



**3. (Optional)**

Amplify your base by adding 1 scoop of yogurt, flavour powder, protein powder and/or nut butter.



**4.**

Screw on the blade assembly and install the bowl on the motor base.

Select **MIX** then twist the Power Paddle anti-clockwise **continuously** while processing.

**5.**

After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.



# Smoothie bowl colour guide

Trying to make your bowl pop in a certain colour?  
Use this ingredient guide to achieve the look you want.

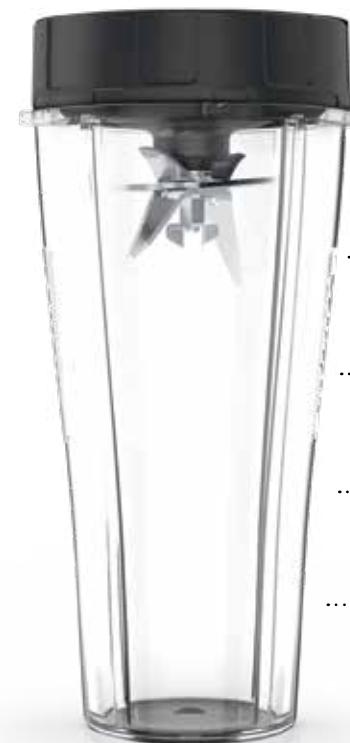


# Using the Power Nutri™ Cup

Tips to help you create smoothies and nutrient extractions\* to take on the go.

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

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Hybrid Edge™ Blades Assembly to the cup, remove some ingredients.



5



**Top off with ice or frozen ingredients.**

4



**Next add any dry or sticky ingredients like seeds, powders and nut butters.**

3



**Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.**

2



**Next add leafy greens and herbs.**

1



**Start by adding fresh fruits and vegetables.**

## PREP TIPS

For best results, cut ingredients in 2.5cm pieces.  
Place frozen ingredients in the cup last.

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



# TIPS FOR SMOOTHIE/ SHAKE MAKING



- Place liquid in first when using frozen fruit.
- Generally, when making your own smoothie recipe, use two thirds liquid to one third fruit.



- Remember some fruits could be more watery, so a few more of these fruits may need to be added.

- If you like a creamy thick smoothie or shake, use banana, avocado or cashew nuts mixed with fruit or vegetables to thicken.
- Adding dates (without stones) or dried apricots to a smoothie not only sweetens the mixture but adds fibre too.
- Oats and seeds in a smoothie or sprinkled on top not only add texture but help you feel fuller for longer.



- Don't throw away that ripe banana, cut into slices and freeze for smoothies and shakes, the ripeness will add natural sweetness too.
- When making smoothie bowls, add as much frozen fruit or vegetables to the max fill line in the bowl if you prefer a thicker smoothie bowl.



- Oats or chia seeds help to thicken a smoothie bowl, also adding protein and fibre too!
- If you like a cold smoothie, use frozen fruit and chilled ingredients.
- Chill smoothie/yogurt serving bowl in freezer first for a few minutes, helps to keep everything cool whilst you eat.
- Using a premium quality ice cream in shakes, will enrichen the flavour and thickness.



# SUNSET REFRESHER

**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**PROGRAM:** BLEND  
**MAKES:** 1 SERVING

## INGREDIENTS

- 125ml orange juice
- 120g pineapple chunks
- ½ orange, peeled, pips and pith removed, cut in half
- 80g frozen mango chunks
- 80g frozen strawberries

## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades after blending.



# BANANA MILKSHAKE

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** CUP

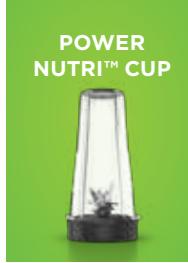
**MAKES:** 1 SERVING

## INGREDIENTS

300g bananas with skins on, peeled, halved

200ml semi-skimmed milk

2 scoops vanilla ice cream



## DIRECTIONS

- 1 Place all ingredients into the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades from CUP after blending. Attach Spout Lid to enjoy on the go

# ORANGE PASSIONFRUIT MELON SMOOTHIE

**PROGRAM:** BLEND

**PREP:** 5 MINUTES

**CONTAINER:** CUP

**MAKES:** 1 SERVING

## INGREDIENTS

125ml orange juice

3 passionfruits, halved and pulp removed

1 medium nectarine, sliced

150g ripe melon, chopped

100g vanilla ice cream



## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades after blending.



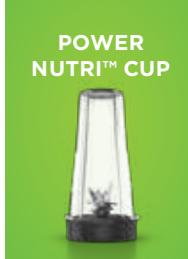
**TIP** Add another scoop of ice cream for a thicker consistency.

# OREO® BISCUIT MILKSHAKE

**PROGRAM:** BLEND  
**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

200ml whole milk  
8 Oreo® biscuits  
100g vanilla ice cream  
Top with whipped cream and crushed Oreo® biscuits



## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND.
- 3 Remove blades after blending.

# MINT PINEAPPLE REFRESHER

**PROGRAM:** CRUSH  
**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

1/2 green apple, cut in quarters  
165g pineapple, cut in 2.5cm chunks  
1/2 teaspoon lime juice  
5 mint leaves  
60ml coconut water  
2 ice cubes



## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select CRUSH.
- 3 Remove blades after blending.

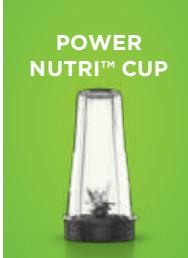
**TIP** Tinned pineapple can be used instead of fresh pineapple.

**TIP** If you're not a fan of mint, or want to enhance the pineapple flavour in this recipe, omit the mint.



# GINGER ORANGE EXTRACT

**PROGRAM:** CRUSH  
**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 1 SERVING



## INGREDIENTS

120ml orange juice  
2.5cm piece ginger, peeled, cut in quarters  
1 orange, peeled, pips and pith removed, cut in quarters  
80g raspberries  
60g frozen pineapple chunks  
60g frozen mango chunks

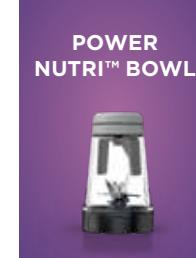
## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select CRUSH.
- 3 Remove blades after blending.



# TROPICAL SMOOTHIE BOWL

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING



## INGREDIENTS

Coconut milk  
Frozen pineapple chunks  
Frozen mango chunks  
Sweetener of choice, as desired

## DIRECTIONS

- 1 Pour coconut milk into the BOWL, filling to the Liquid Fill line.
- 2 Add frozen pineapple, mango chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove blades after blending.
- 5 Decorate with toppings of your choice and serve.



# STRAWBERRY PEACH MANGO BOWL

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

Whole milk  
Frozen mango chunks  
Frozen strawberries  
Frozen peach slices  
Sweetener of choice, as desired



POWER  
NUTRI™ BOWL



## DIRECTIONS

- 1 Pour milk into the BOWL, filling to the Liquid Fill line.
- 2 Add frozen mango, strawberries, peach slices and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove blades after blending.
- 5 Decorate with toppings of your choice and serve.

# GREEN POWER BOWL

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

Soy milk  
Fresh kale  
Frozen mango chunks  
Frozen pineapple chunks  
Sweetener of choice, as desired



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## DIRECTIONS

- 1 Pour soy milk in the BOWL, filling to the Liquid Fill line.
- 2 Add fresh kale, press down in bowl before adding frozen mango and pineapple chunks and sweetener (optional) up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 3 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 4 Remove blades after blending.
- 5 Decorate with toppings of your choice and serve.



# BANANA NUTELLA AVOCADO SMOOTHIE BOWL

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

1 frozen banana, cut into medium chunks  
75g of frozen avocado pieces  
50g Nutella Hazelnut chocolate spread  
75g quark

## DIRECTIONS

- 1 Add ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 3 Remove blades after blending.



# RASPBERRY FROZEN YOGURT

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

150g frozen raspberries  
100ml vanilla Greek yogurt  
Sweetener of choice, as desired

## DIRECTIONS

- 1 Place all ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 3 Remove blades after blending.



**TIP** If the raspberries have lots of seeds, select CRUSH for a smoother result.

# STRAWBERRY SAUCE

**PROGRAM:** MIX

**PREP:** 5 MINUTES

**CONTAINER:** BOWL

**MAKES:** 250G

## INGREDIENTS

200g fresh strawberries

2 tablespoons honey

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## DIRECTIONS

- 1 Add ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
- 3 Remove blades after blending.
- 4 Store strawberry sauce in a glass container in the refrigerator.

# LEMON GINGER QUARK PARFAIT

**PROGRAM:** CRUSH & BLEND

**PREP:** 10 MINUTES PLUS 2 HOURS TO CHILL

**CONTAINER:** BOWL & CUP

**MAKES:** 6 SERVINGS

## INGREDIENTS

### CRUMB

150g ginger biscuits, crumbled

75g butter, melted and cooled to room temperature

Pinch of salt

### FILLING

250g quark

300g sweetened condensed milk

100ml fresh lemon juice

50g candied ginger chunks

Splash of vanilla extract

Zest of 1 lemon

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POWER  
NUTRI™ CUP



## DIRECTIONS

- 1 Add crumb ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select CRUSH, then twist Power Paddle anti-clockwise continuously while blending.
- 3 Add filling ingredients to the CUP up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 4 Select BLEND. Remove blades after blending.
- 5 Using small parfait cups or 1 medium glass dish, add in the crumb and filling mixtures in alternate layers.
- 6 Chill about 2 hours before serving.





# CLASSIC PEANUT BUTTER

**PROGRAM:** POWERMIX

**PREP:** 5 MINUTES

**CONTAINER:** BOWL

**MAKES:** 250ML

## INGREDIENTS

- 200g roasted peanuts
- 1 tablespoon rapeseed oil
- Salt to taste

## DIRECTIONS

- 1 Place all ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select POWERMIX, then twist Power Paddle anti-clockwise continuously while blending until the program is complete.
- 3 Remove blades after blending.



# SMOKED MACKEREL PÂTÉ

**PROGRAM:** POWERMIX

**PREP:** 5 MINUTES

**CONTAINER:** BOWL

**MAKES:** 1 SERVING

## INGREDIENTS

- 200g peppered smoked mackerel fillets, skin removed and broken into pieces
- Zest and juice of ½ lemon
- 100g cream cheese
- 2 tablespoons creamed horseradish
- 2 tablespoons chopped parsley

## DIRECTIONS

- 1 Place all ingredients in the BOWL in the order listed, then install the blade assembly.
  - 2 Select POWERMIX, then twist Power Paddle anti-clockwise continuously while blending until program is complete.
  - 3 Remove blades after blending.
- NOTE:** If you prefer a chunkier pâté, select PULSE.



# ROASTED RED PEPPER HOUMOUS

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

### CLASSIC HOUMOUS

400g can chickpeas, drained and rinsed  
50ml chickpea liquid  
15ml lemon juice  
30ml olive oil  
1 garlic clove, peeled  
1 teaspoon ground cumin  
½ teaspoon paprika  
1 tablespoon tahini paste  
1 teaspoon sea salt  
Olive oil and paprika to garnish

### RED PEPPER HOUMOUS

Add 100g roasted red peppers to ingredients.

### CORIANDER HOUMOUS

Add ½ teaspoon ground coriander and 10g fresh coriander leaves and stalks to ingredients.

**TIP** If you prefer a chunkier houmous, PULSE a few times at point 2 until the desired consistency is reached.

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NUTRI™ BOWL



## DIRECTIONS

- 1 Place all the ingredients in the BOWL in the order listed, then install the blade assembly.
- 2 Select MIX, then twist Power Paddle anti-clockwise continuously while blending until the program is complete.
- 3 Remove blades after blending.



# BASIL AND PARSLEY PESTO SAUCE

**PROGRAM:** MIX  
**PREP:** 5 MINUTES  
**CONTAINER:** BOWL  
**MAKES:** 1 SERVING

## INGREDIENTS

10g basil leaves  
10g flat-leaf parsley, leaves, no stalks  
1 garlic clove, peeled  
90ml olive oil  
25g pine nuts  
25g grated Parmesan cheese or vegetarian equivalent  
1 pinch of salt  
1 pinch of black pepper

## DIRECTIONS

- 1 Place the basil, parsley and garlic into the BOWL. Install the blade assembly, then PULSE for 5 seconds.
- 2 Pour in the oil, pine nuts, Parmesan and select MIX then twist Power Paddle anti-clockwise continuously while blending to form a smooth pesto. If you prefer a grainier texture use PULSE.
- 3 Remove blades after blending.
- 4 Season to taste with salt and pepper then transfer to a bowl.

**TIP** If you prefer a chunkier pesto, PULSE a few times at point 2 until the desired consistency is reached.

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# GUACAMOLE

**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 4 SERVINGS

## INGREDIENTS

½ small onion, peeled and quartered  
1 small red chili, deseeded  
1 garlic clove, peeled  
1 large tomato, deseeded and quartered  
10g fresh coriander, stalks and leaves  
2 ripe avocado pears  
Juice of half a lime  
Pinch of salt & pepper



**TIP** If you prefer a chunky guacamole, PULSE 1-2 times.

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# FRESH MINT SAUCE

**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

30g mint leaves, stripped off stem  
2 tablespoons white wine vinegar  
1 tablespoon caster sugar  
2 tablespoons boiling water



**TIP** Add an extra 1-2 tablespoons boiling water to dilute if preferred.

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## DIRECTIONS

## DIRECTIONS

- 1 Place the first five ingredients into the CUP, then install the blade assembly.
- 2 Select PULSE 2-3 times until roughly chopped. Scrape down cup.
- 3 Add avocado, sprinkle over lime juice and seasoning. Select PULSE 2-4 times until the desired consistency is reached.
- 4 Remove blades after blending.

- 1 Place the mint into the CUP, then install the blade assembly.
- 2 Select PULSE 2-3 times until roughly chopped.
- 3 Add vinegar, sugar and water. Select PULSE 2-3 times until mixed.
- 4 Remove blades after blending.

# TANDOORI MARINADE

**PROGRAM:** BLEND  
**PREP:** 10 MINUTES  
**CONTAINER:** CUP  
**MAKES:** APPROXIMATELY 300 ML

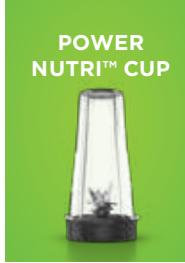
## INGREDIENTS

1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
1 teaspoon cayenne pepper  
1 tablespoon garam masala  
1 tablespoon paprika  
250ml Greek yogurt  
2 tablespoons lemon juice  
4 garlic cloves  
30g root ginger, peeled  
1 red chilli (seeds removed)\*  
1 teaspoon salt  
\*Optional

## DIRECTIONS

- 1 Place all ingredients in the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND. Remove blades after blending.
- 3 Cover with flat lid and store in the fridge until required.

**TIP** If you prefer a hotter, spicier marinade, use 2 chillis.



# PANCAKES

**PROGRAM:** BLEND  
**PREP:** 5 MINUTES  
**CONTAINER:** CUP  
**MAKES:** 1 SERVING

## INGREDIENTS

1 medium egg  
150ml milk  
60g plain flour  
Pinch of salt  
1 teaspoon sunflower oil or cooking spray  
Lemon and sugar to serve

## DIRECTIONS

- 1 Place ingredients into the CUP in the order listed, then install the blade assembly.
- 2 Select BLEND. Remove blades after blending.
- 3 Heat a frying pan over a moderate heat. Wipe over with some oiled paper or spray.
- 4 Pour a little batter into pan, swirl around to make a thin layer to completely cover pan. Cook underside until it is golden brown and the top starts to produce bubbles.
- 5 Flip over with a palette knife and cook the other side. Repeat with remaining batter.
- 6 Serve with a squeeze of lemon and a sprinkle of sugar.



# NINJA<sup>®</sup>

## Foodi<sup>®</sup>

**POWER NUTRI™  
BLENDER 2-IN-1**



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