

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



# NINJA® Foodi® Blender & Soup Maker

## INSPIRATION GUIDE



# NINJA<sup>®</sup>

## Foodi<sup>®</sup>

Blender &  
Soup Maker

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# LOADING TIPS FOR DRINKS

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

Overfilling ingredients may harm the unit when in use. Load ice or frozen ingredients first and softer, water-dense ingredients on top. This will create a vortex in the jug that makes for a smooth breakdown of ingredients.



Top off with fresh fruits and vegetables.



Next add leafy greens and herbs.



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



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



Start with ice or frozen ingredients.

## PREP TIPS

For best results, cut ingredients in 2.5cm chunks.



# HOW TO CREATE CUSTOM CHUNKY SOUPS

**SERVINGS:** 3-4  
**COOK TIME:** 35 MINS

## FIRST BUILD FLAVOUR

**CHOOSE OIL/BUTTER**  
2 tablespoons total

Olive oil, coconut oil, butter, avocado oil, vegetable oil.

**ADD ONION**  
1 small onion or shallot, peeled, quartered

**CHOOSE SPICES + AROMATICS**  
3 teaspoons total

Garlic, ginger, thyme, salt, pepper, coriander seeds, cumin seeds, tomato paste.

**SELECT CHOP**

The blender will pulse to roughly chop aromatics.

**SELECT SAUTÉ**

The blender will cook for 5 minutes to release flavours from aromatics.

## THEN COOK INGREDIENTS

**CHOOSE A VEGETABLE**  
230g total, cut in 2.5cm pieces

Carrots, potatoes, sweet potatoes, cauliflower, broccoli, tomatoes, butternut squash, celery, spinach, kale, sweetcorn, peppers

**OPTIONAL CHOOSE A PROTEIN**  
125g total, cut in 2.5cm pieces

Beef sirloin, chicken breast, turkey breast, pork loin, ham.

**CHOOSE A BASE**  
750ml total

Water, vegetable stock, beef stock, coconut milk, chicken stock, tomato puree.

**OPTIONAL ADD PASTA AND/OR BEANS**  
75g total or 38g each

Macaroni, egg noodles  
**USE PASTA BOX INSTRUCTIONS FOR COOK TIMES.**

Chickpeas, white beans, black beans  
**ADD BEANS WITH 6 MINUTES REMAINING IN PROGRAM.**

**SELECT CHUNKY SOUP**

The blender will preheat until it reaches a boil. It will then gently pulse and stir to evenly cook ingredients.



# HOW TO CREATE CUSTOM SMOOTH SOUPS

**SERVINGS:** 3-4  
**COOK TIME:** 35 MINS

## FIRST BUILD FLAVOUR

**CHOOSE OIL/BUTTER**  
2 tablespoons total

Olive oil, coconut oil, butter, avocado oil, vegetable oil.

**ADD ONION**  
1 small onion or shallot, peeled, quartered

**CHOOSE SPICES + AROMATICS**  
3 teaspoons total

Garlic, ginger, thyme, salt, pepper, coriander seeds, cumin seeds, tomato paste.

**SELECT CHOP**

The blender will pulse to roughly chop aromatics.

**SELECT SAUTÉ**

The blender will cook for 5 minutes to release flavours from aromatics.

## THEN COOK INGREDIENTS

**CHOOSE A VEGETABLE**  
460g total, cut in 2.5cm pieces

Carrots, potatoes, sweet potatoes, cauliflower, broccoli, tomatoes, butternut squash, celery, spinach, kale, mushrooms, corn, peppers.

**CHOOSE A BASE**  
1L total

Water, vegetable stock, beef stock, coconut milk, chicken stock, tomato puree.

**SELECT SMOOTH SOUP**

The blender will preheat until it reaches a boil. It will then pulse and stir to evenly cook ingredients, after which it will puree them into a smooth soup.

**PRO TIP:** Add a couple splashes of double cream at the end of the program for a creamy texture.

# SOUPS

## TOMATO & BASIL SOUP

**PREP:** 5 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** MANUAL



### INGREDIENTS

3 tablespoons olive oil  
1 small onion, peeled, cut into quarters  
2 tins (400g each) whole peeled tomatoes  
250ml hot chicken stock  
½ teaspoon dried basil  
80ml double cream  
Salt and pepper to taste

### DIRECTIONS

- 1** Place oil, onion and salt in the jug.
- 2** Select CHOP
- 3** Select SAUTÉ.
- 4** Add remaining ingredients in the order listed and select COOK, HIGH and cook for 14 minutes.
- 5** Select BLEND, HIGH and allow to blend for 1 minute, or to your desired level of smoothness.

**TIP:** For even smoother soup, blend for another minute.  
Add chilli flakes for an extra kick.



# CURRY CAULIFLOWER SOUP

**PREP:** 10 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** PRE-COOK & SMOOTH SOUP

## INGREDIENTS

2 tablespoons butter  
2 tablespoons extra virgin olive oil  
1 ½ teaspoons ground coriander  
1 medium onion, peeled, cut in quarters  
2 cloves garlic, peeled, cut in half  
400g cauliflower, cut in 2.5cm florets  
1 teaspoon green curry paste  
500ml hot vegetable stock  
60ml coconut milk  
1 tablespoon lime juice  
Salt and pepper to taste

## DIRECTIONS

- 1 Place butter, olive oil, coriander, onion, garlic, and salt in the jug.
- 2 Select CHOP.
- 3 Select SAUTÉ.
- 4 Add remaining ingredients, then select SMOOTH SOUP.



# BUTTERNUT SQUASH SOUP

**PREP:** 15 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** PRE-COOK & SMOOTH SOUP

## INGREDIENTS

2 tablespoons olive oil  
1 small onion peeled, cut in quarters  
120g raw cashews  
½ apple peeled, cored, cut in quarters  
1 small carrot peeled, cut in quarters  
460g butternut squash, peeled, cut in 2.5cm pieces  
1 teaspoon dried thyme leaves  
750ml hot vegetable stock  
Salt and pepper to taste

## DIRECTIONS

- 1 Place olive oil, onion and salt in the jug.
- 2 Select CHOP.
- 3 Select SAUTÉ.
- 4 Add remaining ingredients then select SMOOTH SOUP.



# CHICKEN NOODLE SOUP

**PREP:** 15 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** CHUNKY SOUP

## INGREDIENTS

1 small onion ends trimmed, peeled, cut in 2.5cm pieces  
2 ribs celery ends trimmed, cut in 2.5cm pieces  
2 carrots ends trimmed, peeled, cut into 2.5cm pieces  
875ml hot chicken stock  
¼ teaspoon dried thyme  
255g uncooked chicken, cut into 2.5cm pieces  
45g dry egg noodles  
Salt and pepper to taste

## DIRECTIONS

- 1 Place all ingredients, except noodles in the jug.
- 2 Select **CHUNKY SOUP**.
- 3 With 6 minutes remaining in the program, add egg noodles. Serve immediately.



# MUSHROOM SOUP

**PREP:** 5 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** MANUAL



## INGREDIENTS

1 tablespoon olive oil  
3 shallots, peeled  
1 teaspoon dried thyme  
1 teaspoon dried parsley  
50g sliced shiitake mushrooms  
150g sliced chestnut mushrooms  
100g sliced button mushrooms  
500ml hot vegetable stock  
150ml double cream  
Salt and pepper to taste

## DIRECTIONS

- 1 Place oil, shallots, parsley & thyme in the jug.
- 2 Select **CHOP**.
- 3 Select **SAUTÉ**.
- 4 Add remaining ingredients in the order listed and select **COOK, HIGH** and cook for 14 minutes.
- 5 Select **BLEND, HIGH** and allow to blend for 1 minute, minute or to your desired level of smoothness.

**TIP:** For an even smoother soup, blend for another minute.





# LEEK & POTATO SOUP

**PREP:** 15 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** MANUAL



## INGREDIENTS

2 tablespoons olive oil  
2 cloves garlic  
1 leek, green part removed, cut in quarters, rinsed  
2 white potatoes, peeled, cut in 2.5cm pieces  
500ml hot vegetable stock  
250ml double cream  
Salt and white pepper to taste

## DIRECTIONS

- 1 Place olive oil, garlic, leeks, salt and pepper in the jug.
- 2 Select CHOP
- 3 Select SAUTÉ.
- 4 When program is completed add remaining ingredients and select COOK, HIGH and allow to cook for 14 minutes.
- 5 Select BLEND, HIGH and allow to blend for 1 minute or to your desired level of smoothness.

**TIP:** For an even smoother soup, blend for another minute.



# CHUNKY VEGETABLE SOUP

**PREP:** 15 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 3-4 SERVINGS  
**PROGRAM:** CHUNKY SOUP

## INGREDIENTS

75g onion, peeled, cut in 2.5cm pieces  
75g carrot, peeled, cut in 2.5cm pieces  
75g celery, cut in 2.5cm pieces  
115g sweet potato, peeled, cut in 2.5cm pieces  
115g courgette, cut in 2.5cm pieces  
30g baby spinach  
75g frozen sweetcorn  
700ml hot vegetable stock  
 $\frac{3}{4}$  teaspoon Italian seasoning  
Salt and white pepper to taste

## DIRECTIONS

- 1 Place all ingredients in the jug in the order listed.
- 2 Select CHUNKY SOUP.





# WHITE BEAN MINESTRONE

**PREP:** 15 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 4 SERVINGS

**PROGRAM:** PRE-COOK & CHUNKY SOUP

## INGREDIENTS

1 small onion, peeled, cut into 2.5cm pieces  
1 stalk celery, cut into 2.5cm pieces  
1 carrot, peeled, cut into 2.5cm pieces  
½ tablespoon garlic, crushed  
90g tinned tomatoes  
120g kale leaves  
2 tablespoons grated Parmesan cheese  
750ml hot vegetable stock  
2 teaspoons tomato puree  
⅛ teaspoon dried thyme  
½ teaspoon dried rosemary  
1 tin (400g) cannellini beans drained  
Salt and pepper to taste

## DIRECTIONS

- 1** Place olive oil, onion, garlic, and salt in the jug.
- 2** Select CHOP.
- 3** Select SAUTÉ.
- 4** Add tomatoes, kale, parmesan cheese, vegetable stock, tomato paste, rosemary, black pepper, and thyme then select CHUNKY SOUP.
- 5** With 6 minutes remaining in program add white beans and chickpeas, place lid on jug and select CHUNKY SOUP again to restart program.

# SAUCES & JAMS

## TRADITIONAL TOMATO SAUCE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 35 MINUTES | **MAKES:** 4-6 SERVINGS  
**PROGRAM:** PRE-COOK & SAUCE

### INGREDIENTS

1 tablespoon olive oil  
1 small yellow onion, peeled, cut in quarters  
2 cloves garlic, peeled  
4 tins (400g each) whole peeled tomatoes  
1 teaspoon sugar  
1 teaspoon Italian seasoning  
Salt and pepper to taste

### DIRECTIONS

- 1** Place olive oil, onion, garlic, black pepper and salt in the jug.
- 2** Select CHOP.
- 3** Select SAUTÉ.
- 4** Add remaining ingredients and select SAUCE.



# ALFREDO SAUCE

**PREP:** 10 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** PRE-COOK & SAUCE

## INGREDIENTS

115g butter  
4 cloves garlic, peeled  
500ml double cream  
250g cream cheese, cut into eighths  
220g grated parmesan

## DIRECTIONS

- 1 Place butter and garlic in the jug.
- 2 Select CHOP.
- 3 Select SAUTÉ.
- 4 Add remaining ingredients.
- 5 Select SAUCE.



# SPINACH & ARTICHOKE DIP

**PREP:** 10 MINUTES | **PROGRAM DURATION:** 30 MINUTES | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** SAUCE

## INGREDIENTS

400g tin artichoke hearts, drained, quartered  
2 cloves garlic  
2 tablespoons lemon juice  
60g mayonnaise  
60ml sour cream  
125g cream cheese, room temperature, cut into quarters  
375g package chopped frozen spinach, thawed and liquid squeezed out  
28g grated parmesan cheese  
Salt and pepper to taste

## DIRECTIONS

- 1 Place all ingredients in the jug in the order listed.
- 2 Select SAUCE.



# MIXED BERRY JAM

**PREP:** 5 MINUTES | **COOK TIME:** 30 MINUTES | **CHILL TIME:** 4 HOURS | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** CHOP & JAM

## INGREDIENTS

335g fresh blueberries  
150g fresh blackberries  
4 tablespoons lemon juice  
350g sugar  
20ml pectin

## DIRECTIONS

- 1 Place all ingredients in the jug
- 2 Select CHOP.
- 3 Select JAM.
- 4 Remove ingredients from jug and allow to chill in the fridge for at least 4 hours before using.

# SIMPLE BERRY JAM

**PREP:** 10 MINUTES | **PROGRAM DURATION:** 30 MINUTES | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** CHOP & JAM

## INGREDIENTS

450g fresh strawberries, stems removed  
210g granulated sugar  
1 tablespoon lemon juice  
2 teaspoons pectin

## DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select CHOP.
- 3 Select JAM.
- 4 Remove ingredients from the jug and allow to chill in the fridge for at least 4 hours before using.



# DRINKS

## FROZEN MANGO MARGARITA

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** FROZEN DRINK

### INGREDIENTS

250ml tequila  
125ml triple sec  
500ml mango juice  
560g frozen mango chunks  
2 tablespoon lime juice

### DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select FROZEN DRINK.



# STRAWBERRY FROZÉ

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** FROZEN DRINK

## INGREDIENTS

750ml rosé wine  
12 fresh mint leaves  
600g frozen strawberries

## DIRECTIONS

- 1 Place all ingredients in the jug in the order listed.
- 2 Select FROZEN DRINK.



# MORNING BERRY SMOOTHIE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 45 SECONDS | **MAKES:** 4 SERVINGS  
**PROGRAM:** SMOOTHIE

## INGREDIENTS

500g yoghurt  
250ml almond milk  
2 scoops protein powder  
560g frozen mixed berries

## DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select SMOOTHIE.



# STRAWBERRY PINEAPPLE MORNING BLAST

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 45 SECONDS | **MAKES:** 4 SERVINGS  
**PROGRAM:** SMOOTHIE

## INGREDIENTS

300g frozen strawberries  
400g pineapple chunks  
1 banana, peeled  
250ml orange juice

## DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select SMOOTHIE.



# VANILLA MILKSHAKE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** MILKSHAKE

## INGREDIENTS

130g ice cubes  
750ml vanilla ice cream  
250ml whole milk  
1/8 teaspoon vanilla extract

## DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select MILKSHAKE.

# CHOCOLATE MILKSHAKE MORNING BLAST

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** MILKSHAKE

## INGREDIENTS

130g ice cubes  
750ml chocolate ice cream  
250ml whole milk  
60ml chocolate syrup

## DIRECTIONS

- 1 Place all ingredients in the jug.
- 2 Select MILKSHAKE.



# DESSERTS & TREATS

## CHOCOLATE FONDUE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 30 MINUTES | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** SAUCE

### INGREDIENTS

375g plain chocolate chips  
250ml double cream

### TO SERVE

Pretzels  
Marshmallows  
Whole strawberries

### DIRECTIONS

- 1** Place chocolate chips and double cream in the jug.
- 2** Pulse 5 times.
- 3** Select SAUCE.
- 4** Serve fondue warm with, pretzels, marshmallows, strawberries, or other fruit, as desired.



# FROZEN HOT CHOCOLATE

**PREP:** 5 MINUTES | **COOK TIME:** 5 MINUTES | **BLEND TIME:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** PRE-COOK & FROZEN DRINK

## INGREDIENTS

375g milk chocolate chips  
250ml whole milk  
2 tablespoons cocoa powder  
125ml double cream  
650g ice

## DIRECTIONS

- 1 Place chocolate, milk, and cocoa powder in the jug.
- 2 Select CHOP.
- 3 Select SAUTÉ.
- 4 When program is completed add double cream and ice and select FROZEN DRINK.



# PEANUT BUTTER HOT CHOCOLATE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 20 MINUTES | **MAKES:** 6-8 SERVINGS  
**PROGRAM:** MANUAL

## INGREDIENTS

750ml whole milk  
250ml single cream  
250g milk chocolate chips  
4 tablespoons smooth peanut butter

## GARNISHES

Mini marshmallows  
Chocolate syrup

## DIRECTIONS

- 1 Place milk, single cream, chocolate chips and peanut butter in the jug.
- 2 Select MANUAL COOK and MED and allow to cook for 20 minutes.
- 3 Pulse every 5 minutes during cooking.
- 4 Garnish with marshmallows and chocolate syrup, as desired.



# BLUEBERRY VANILLA FREEZE

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **CHILL:** 15 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** DESSERT

## INGREDIENTS

95g white chocolate chips  
180ml single cream  
1 teaspoon vanilla extract  
2 tablespoons lemon juice  
420g frozen blueberries

## DIRECTIONS

- 1 Place all ingredients in the jug in the order listed.
- 2 Select DESSERT.
- 3 While program is running, use the tamper to push ingredients towards the blade.
- 4 Remove ice cream from jug and place in the freezer for at least 15 minutes before serving.



# COCONUT PINEAPPLE SORBET

**PREP:** 5 MINUTES | **BLEND TIME:** 1 MINUTE | **MAKES:** 4 SERVINGS  
**PROGRAM:** DESSERT

## INGREDIENTS

400g frozen pineapple chunks  
2 small frozen ripe bananas  
2 tablespoons fresh lime juice  
250ml light coconut milk  
2 tablespoons agave nectar  
1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the jug in the order listed.
- 2 Select DESSERT.
- 3 While program is running, use the tamper to push ingredients towards the blade.
- 4 Remove sorbet from the jug and place in the freezer for at least 15 minutes before serving.





# VANILLA PEPPERMINT ICE CREAM

**PREP:** 5 MINUTES | **PROGRAM DURATION:** 1 MINUTE | **CHILL:** 15 MINUTES | **MAKES:** 4 SERVINGS  
**PROGRAM:** DESSERT

## INGREDIENTS

500ml double cream  
250ml evaporated milk  
10 round peppermint sweets  
4 Tablespoons icing sugar  
½ teaspoon peppermint extract  
250ml whole milk

## DIRECTIONS

- 1** Stir together the double cream and evaporated milk. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2** Place peppermint candies, icing sugar, peppermint extract, milk, and frozen cream cubes into the jug
- 3** Select DESSERT.
- 4** While program is running, use the tamper to push ingredients towards the blade.
- 5** Remove ice cream from jug and place in the freezer for at least 15 minutes before serving.

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