

Bitte lesen Sie unbedingt die beiliegende Ninja®-Bedienungsanleitung, bevor Sie Ihr Gerät verwenden.
Please make sure to read the enclosed Ninja® Instructions prior to using your unit.
Veuillez à prendre connaissance des instructions Ninja® incluses avant d'utiliser votre appareil.



NINJA® Foodi

POWER NUTRI MIXER 2-IN-1
MIT AUTO-IQ®

POWER NUTRI BLENDER 2-IN-1
WITH AUTO IQ®

NUTRI POWER MIXEUR 2-EN-1
AVEC AUTO-IQ®

SCHNELLE UND EINFACHE REZEPTE
QUICK & EASY RECIPES
RECETTES SIMPLES ET RAPIDES





**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



POWER NUTRI CUP



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.

NINJA
Cooking Circle.com
 SCAN FOR MORE RECIPES

BANANA MILKSHAKE

PROGRAM: BLEND

PREP: 5 MINUTES

CONTAINER: CUP

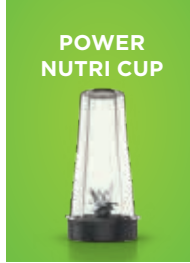
MAKES: 1 SERVING

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

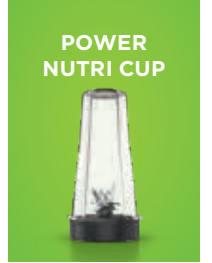
125ml orange juice

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

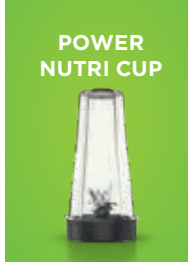
PROGRAM: BLEND
PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 1 SERVING

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

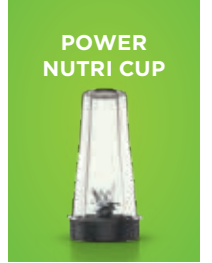
DIRECTIONS

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



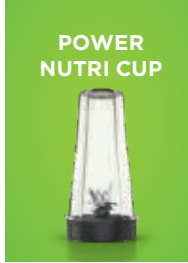
TIP Tinned pineapple can be used instead of fresh pineapple.

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

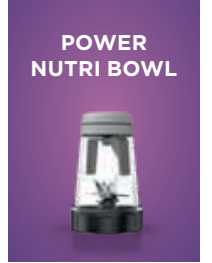
DIRECTIONS

- 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



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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



POWER
NUTRI BOWL



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 slices
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.



TIP Cut banana into slices, before freezing. Choose ripe avocados, if home freezing and cut into small pieces.



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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NUTRI BOWL



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: PULSE & 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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DIRECTIONS

- 1 Add crumb ingredients to the BOWL up to, but not exceeding, the Max Fill line. Install the blade assembly.
- 2 Select PULSE, 2-3 times. 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, about 20ml
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.

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.



GUACAMOLE

PREP: 5 MINUTES
CONTAINER: CUP
MAKES: 4 SERVINGS

INGREDIENTS

½ small onion, peeled and quartered
1 small red chilli, 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.

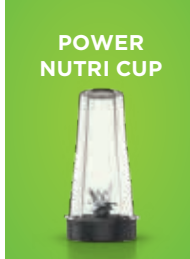
- 1 Place the mint into the CUP, then install the blade assembly.
- 2 Select PULSE 2-3 times until roughly chopped.
- 3 Add vinegar, sugar and water. Select PULSE 2-3 times until mixed.
- 4 Remove blades after blending.

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

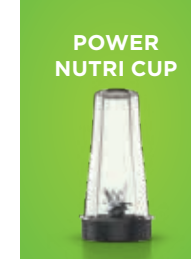
INGREDIENTS

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.



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**POWER NUTRI BLENDER 2-IN-1
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**NUTRI POWER MIXEUR 2-EN-1
AVEC AUTO-IQ[®]**

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