

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



NINJA Blend BOSS

TUMBLER BLENDER

10 DELICIOUS RECIPES
INSPIRATION GUIDE



Your Guide to the Ninja Blendboss, Drinkware Blender

Welcome to the Ninja Blendboss
Inspiration Guide. Start creating
nutrient-rich smoothies and
frozen drinks.

For more exciting and delicious recipes,
visit ninjakitchen.co.uk

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Quick assembly & blending



1.

Fill the cup with desired contents. Screw on the CrushBlade Assembly until you have a tight seal.



2.

Flip the cup upside down and install on base. Select your desired function and program will begin immediately.



3.

When blending is complete, twist cup anticlockwise off the base. Remove the CrushBlade assembly by twisting anticlockwise, and add the lid to take on the go.



WARNING: Handle the CrushBlade Assembly with care, as the blades are sharp.

Load it up

Do not go past the MAX FILL line when loading the cup. When adding liquid, reference the MIN FILL line.

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



6

Finish off with leafy greens and herbs.

5

Add ice or frozen ingredients.

4

Add yoghurt.

3

Add fresh fruits and vegetables.

2

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

1

Start by pouring in 180-240ml liquid. For thinner results or a juice-like drink, add more liquid as desired.

PREP TIPS: For best results, cut ingredients into 2-3 cm pieces.



STRAWBERRY MANGO FUSION

PREP: 5 MINUTES

PROGRAM: SMOOTHIE

MAKES: 1 (600ml) SERVING

INGREDIENTS

350ml mango juice

80g frozen strawberries

150g frozen mango chunks

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **SMOOTHIE**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

IMMUNITY BOOST SMOOTHIE

PREP: 5 MINUTES

PROGRAM: SMOOTHIE

MAKES: 1 (625ml) SERVING

INGREDIENTS

180ml coconut water

1 tablespoon chia seeds

2 medium oranges, peeled, quartered

5g of ginger, peeled

150g frozen blueberries

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **SMOOTHIE**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.





RED BERRY SMOOTHIE

PREP: 5 MINUTES

PROGRAM: SMOOTHIE

MAKES: 1 (625ml) SERVING

INGREDIENTS

300ml apple juice
1 tablespoon honey
50g Greek yoghurt
250g frozen mixed berries

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **SMOOTHIE**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

BERRY BANANA SMOOTHIE

PREP: 5 MINUTES

PROGRAM: SMOOTHIE

MAKES: 1 (600ml) SERVING

INGREDIENTS

300ml milk of choice
2 tablespoons agave nectar
1 banana (approx. 100g)
150g frozen raspberries

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **SMOOTHIE**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.



SMOOTHIES



PEACH MANGO SMOOTHIE

PREP: 5 MINUTES
PROGRAM: SMOOTHIE
MAKES: 1 (600ml) SERVING

INGREDIENTS

200ml orange juice
1 tablespoon honey
1 banana (approx. 100g)
150g peach (tinned or fresh)
150g frozen mango

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **SMOOTHIE**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

PIÑA COLADA

PREP: 5 MINUTES
PROGRAM: CRUSH
MAKES: 1 (450ml) SERVING

INGREDIENTS

80ml coconut rum
2 tablespoons lime juice
100ml coconut cream
150g frozen pineapple
100g ice cubes

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **CRUSH**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

FROZEN DRINKS





FROZEN HOT CHOCOLATE

PREP: 5 MINUTES
PROGRAM: CRUSH
MAKES: 1 (700ml) SERVING

INGREDIENTS

300ml milk of choice
4 tablespoons hot chocolate powder
1 teaspoon caster sugar
200g ice cubes
Whipped cream, for garnish (optional)

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **CRUSH**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

MOCHA PROTEIN SHAKE

PREP: 5 MINUTES
PROGRAM: BLEND
MAKES: 1 (750ml) SERVING

INGREDIENTS

220ml chilled coffee
85ml milk of choice
1 tablespoon agave
35g chocolate protein powder
175g ice cubes

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **BLEND**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.





BERRIES & YOGHURT PROTEIN SHAKE

PREP: 5 MINUTES

PROGRAM: BLEND

MAKES: 1 (600ml) SERVING

INGREDIENTS

250ml milk of choice
2 tablespoons agave nectar
35g Vanilla Protein Powder
115g Greek yoghurt
180g frozen mixed berries

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **BLEND**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.

CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

PREP: 5 MINUTES

PROGRAM: BLEND

MAKES: 1 (600ml) SERVING

INGREDIENTS

240ml chocolate premade protein shake
30g smooth peanut butter
1 tablespoon cocoa powder
1 banana, 100g, cut into 3
200g ice cubes

DIRECTIONS

1. Place all ingredients into the cup in order listed.
2. Select **BLEND**.
3. Remove blades from cup after blending. Attach lid to enjoy on the go.



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