

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



NINJA®

SMOOTHIE MAKER



TIPS FOR YOUR SINGLE-SERVE CUP



LOADING TIPS

Don't overfill the cup. If you feel resistance when attaching the Pro Extractor 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 chunks. Place frozen ingredients in the cup last.

Do not go past the max fill line when loading the cup.

CAUTION: Remove the Pro Extractor Blades® Assembly from the Single-Serve Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure build-up that can pose a risk of injury. For ingredient storage in the cup, only use Spout Lid to cover.

SMOOTHIES & DRINKS



LEAN GREEN NINJA

PREP: 5 MINUTES

CONTAINER: 470ml SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

40g fresh pineapple, 2.5cm chunks

40g fresh mango, 2.5cm chunks

1/2 small banana, peeled

15g spinach

15g kale leaves, chopped

100ml water

60g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed. Push down spinach and kale leaves.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





WATERMELON RASPBERRY CLEANSER

PREP: 5 MINUTES
CONTAINER: 470ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

140g watermelon, 2.5cm chunks
75g raspberries
60ml water
60g ice

DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



POWERBALL SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 470ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

1/2 small banana, peeled
180g unsweetened coconut milk
1/2 teaspoon unsweetened cocoa powder
180g frozen blueberries

DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





BERRY TROPICAL SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 470ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

40g strawberries, hulled and quartered
40g blueberries
75g fresh mango, 2.5cm chunks
50g fresh pineapple, 2.5cm chunks
5g spinach, packed
60ml water
60g ice



DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

GINGER GREENS

PREP: 5 MINUTES
CONTAINER: 470ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

1 kiwi, peeled and quartered
1/4 ripe avocado, pitted and peeled
1 date, pitted and halved
1 cm fresh ginger, peeled
15g kale leaves
5g coriander leaves
5ml lime juice
90ml coconut water
60g ice



DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

BRIGHT SIDE MOCHA

PREP: 5 MINUTES
CONTAINER: 470ml SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

- 1/2 small ripe banana peeled (50g)
- 60ml chilled brewed strong coffee
- 120ml almond milk
- 1½ teaspoon almond butter
- 1 teaspoon cocoa powder
- 1 teaspoon agave nectar
- 140g ice



SMOOTHIES &
DRINKS



DIRECTIONS

- 1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

DO NOT BLEND HOT INGREDIENTS

BERRIES GALORE

PREP: 5 MINUTES
CONTAINER: 470ML SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

- 5 strawberries, hulled and halved
- 1 orange, peeled and quartered
- 60ml coconut water
- 70g frozen blueberries
- 60g ice



SMOOTHIES &
DRINKS



DIRECTIONS

- 1 Place ingredients in the order listed in the 470ml single-serve cup.
- 2 Blend until smooth.
- 3 Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



TOP O' THE MORNIN'

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 small ripe banana peeled (50g)

1 small orange (80g)

240ml almond milk

½ teaspoon cinnamon

1 scoop protein powder (11g)

60g ice

DIRECTIONS

- 1** Place all ingredients into the 470ml Single-Serve Cup in the order listed.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.



COOL HONEYDEW CUCUMBER

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/4 medium cucumber, peeled and halved

80g honeydew melon, 2.5cm chunks

100g fresh pineapple, 2.5cm chunks

DIRECTIONS

- 1** Place all of the ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.





SUNSHINE PICK ME UP

PREP: 5 MINUTES

CONTAINER: 470ML SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 small banana, peeled and halved
6cm piece cucumber, halved
1/4 lime, peeled
100g fresh pineapple, 2.5cm chunks
100ml coconut water
1 scoop vanilla protein powder
30g ice

DIRECTIONS

- 1** Place all of the ingredients in the order listed in the 470ml single-serve cup.
- 2** Blend until smooth.
- 3** Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

SMOOTHIES &
DRINKS





SMOOTHIE MAKER

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