

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



NINJA DETECT™ POWER BLENDER PRO

WITH
BlendSense™ TECHNOLOGY

5 QUICK & EASY RECIPES



Blending made simple.

Welcome to the Ninja Detect™ Power Blender Pro Inspiration Guide. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you the confidence to make everything from smoothies and drinks to soups, spreads, and entrees. Now let's get blending!



For helpful tips and tricks on how to use your blender, scan the QR code above.

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USING THE Control Panel

NOTE: Press the dial to *START* or *STOP* any program. Turn to select.



POWER

Press to power the unit on and off.

MANUAL

Adjustable speed for total blending control.

BLENDSense™

Intelligent one-touch program senses your ingredients and blends to perfection.

MODE

Preset processing programs (LARGE CHOP, SMALL CHOP, and MINCE) that chop and mince for you.

PULSE

Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.



BlendSense™ TECHNOLOGY

THE BLENDER THAT
AUTOMATICALLY ADJUSTS
SPEED & TIME
FOR PERFECTLY **SMOOTH** RESULTS



how it works

Identifies fresh or frozen ingredients and recipe size.
Automatically adjusts time, speed, and power for perfect results.

PERFECTLY SMOOTH

FROZEN DRINKS



SMOOTHIES



SMOOTHIE BOWLS



PERFECTLY THICK

NUT BUTTERS



SAUCES



PERFECTLY PROCESSED


PESTO



HUMMUS



BlendSense™ TECHNOLOGY

Intelligent BlendSense program that revolutionizes traditional blending by sensing your ingredients and blending to perfection every time. The BlendSense program will be active by default. Press  button, then START/STOP. Once the program begins, it will automatically stop when blending is complete. To stop blending before the end of the program, press the dial again.

Simply press the dial to start the BlendSense program.

1

SENSE

Starts blending to sense your ingredients.



2

BLEND

Automatically chooses the blending speed, time, and pulses.



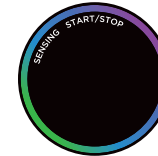
3

ENJOY

Blends to perfection, no matter the portion size.



BlendSense is best used to achieve smooth blends such as smoothies, frozen drinks, smoothie bowls, dips, purees, and sauces.



INITIAL BLENDING

SENSING

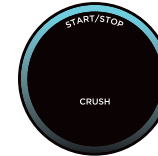
In the first 15 seconds, actively adjusts speed and time based on ingredients and recipe size.

BLENDING POSSIBILITIES



BLENDING

Blends continuously without pulsing.



CRUSH AND MAX-CRUSH

Detects tougher and frozen ingredients, then adjusts the pulsing pattern for a smooth blend.



THICK MODE

Creates thick spoonable results.

NOTE: Once blending possibility is selected, runtime will count up on the display in seconds. Total time varies from seconds up to almost two minutes.

ERROR DETECTION



INSTALL

Illuminates if no vessel is installed or if a vessel is installed incorrectly. To resolve, reinstall the vessel.



Processing Mode PROGRAMS



LARGE CHOP, SMALL CHOP, and MINCE

Smart preset programs that combine unique pausing patterns that chop for you. Press MODE, turn the dial to select your desired program, then press START/STOP. The program will automatically stop when complete. Press the dial again to stop the program sooner.

NOTE: Number of seconds is displayed for each program's runtime.



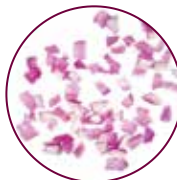
LARGE CHOP:

Cutting into bite-sized pieces.



SMALL CHOP:

Precision level of chopping.



MINCE:

Finest level of chopping.



Manual PROGRAMS



Go manual for total control of your blending speed and textures. Press MANUAL, turn the dial to select your desired speed, then press START/STOP. When selected, each speed runs continuously for 60 seconds. Press the dial again to stop the program sooner.

VARIABLE SPEED CONTROL (Speeds 1-10)

START SLOW (Speeds 1-3):

Always start at low speed (speeds 1-3) to better incorporate ingredients and prevent them from sticking to the sides of the vessel.

DIAL UP THE SPEED (Speeds 4-7):

Smoother blends call for higher speeds. Low speeds are great for chopping veggies, but you'll need to ramp up for purees and dressings.

HIGH-SPEED BLENDING (Speeds 8-10):

Blend until your desired consistency is reached. The longer you blend, the better the breakdown and smoother the outcome will be.

NOTE: Once speed is selected, runtime will count up on the display in seconds.



What's in the box



CLEANING



Dishwasher

All parts except the motor base are top-rack dishwasher safe and should **NOT** be cleaned with a heated dry cycle.



Hand-Washing

Wash container, lid, and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle.



WARNING: Handle the blade assemblies with care when washing, as the blades are loose and sharp. Contact with the blades' edges can result in laceration.

USING THE Pitcher

ASSEMBLY



1 Place pitcher on the base and turn clockwise to lock in place.



2 Holding Stacked Blade Assembly by the top of the shaft, insert it into pitcher.



3 Install the lid, then press to lower the handle to lock in place.

BLEND & ENJOY

1 When powering on the unit, the BlendSense™ program will be active by default. Press the dial to begin the program.

For Manual programs or Processing Mode programs, press the desired button above the dial. Use the dial to select your desired speed (1-10) or Processing Mode program, then press the dial to begin. To stop a program at any time, press the dial again.

2 When blending is complete, turn pitcher counterclockwise and lift to remove.



3a To pour out thinner mixtures, ensure lid is locked in place, then open pour spout.

3b For thicker mixtures, press RELEASE button and lift handle to remove lid, then carefully lift out blade assembly before pouring.

NOTE: The pitcher lid handle will not fold down unless it is attached to the pitcher.



WARNING: Stacked Blade Assembly is loose and sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove blade assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

Blending 101

Guidelines for best results using the 72-ounce pitcher

INGREDIENTS	1-2 SERVINGS	3-4 SERVINGS
Liquid and Yogurt	1-2 cups	2 1/2-1 2/3 cups
Fresh and/or Frozen Fruit	2 1/2-3 1/2 cups	3 1/2-4 1/2 cups

Tips to set yourself up for blending success.

Do not process or grind dry ingredients.

Do not go past the MAX LIQUID (64 oz) line when loading the pitcher.

Do not overfill the pitcher with ingredients when using. For best and smoothest results, follow the loading order below.

Top off with ice or frozen ingredients.



5

Then, add 2-4 tablespoons of any dry or sticky ingredients like seeds, powders, and nut butters (optional).



4

Next, add up to 1 cup of leafy greens and herbs (optional).



3

Add desired amount of fresh fruits and vegetables (for best results, cut in 1-inch pieces).



2

Start by pouring in liquid or yogurt. For thinner results or a juice-like drink, add more liquid.



1



Food prep 101

Tips to simplify your chopping.



PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery, and zucchini in 2-inch pieces, and broccoli or cauliflower florets into 1-inch pieces. Cut ingredients such as onions in quarters.



PREPPING MEAT


- Trim excess fat and connective tissue. Cut meat in 2-inch cubes.



WARNING: Stacked Blade Assembly is loose and sharp and not locked in place. Before pouring, carefully remove Stacked Blade Assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

INTRO TO Smoothie bowls

FOR YOURSELF, TO SHARE, OR FOR A CROWD

	INGREDIENTS	1 SERVING	2 SERVINGS	4 SERVINGS
	Milk of Choice	1 Cup	2 Cups	4 Cups
	Frozen Fruit	2 Cups	4 Cups	8 Cups



1. Add milk

With the Stacked Blade Assembly installed in the pitcher, add milk, or milk alternative such as soy, coconut, almond, or oat milk.

ALWAYS DO THIS FIRST.



2. Add frozen fruit

Add **frozen fruit, directly from freezer**, and/or acai or dragon fruit packets.

Cut larger fruit, like bananas, in quarters.

If using acai or dragon fruit packets, thaw slightly and cut in quarters.



3. Add-ins (Optional)

Amplify your base by adding 2–4 scoops of yogurt, flavor powder, protein powder, and/or nut butter.



4. Blend

Install lid, then install pitcher on the motor base.

Use the dial to select **BLENDSense**, then press START/STOP.



5. Serve

After blending is complete, remove lid and blade assembly. Serve in bowls with your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.

INTRO TO Nut butters

1. Add roasted nuts

Place 3 cups roasted nuts, such as almonds, peanuts, walnuts, cashews, and/or pecans, into the 72-ounce pitcher.

2. Add oil

Add 1/4 cup oil, such as canola, coconut (melted), vegetable, or peanut, on top of the nuts.

3. Add-ins (optional)

Amplify your nut butter by adding up to 2 tablespoons of each:



Seeds

Chia, pumpkin, sunflower, or flax



Flavorings

Cinnamon, nutmeg, salt, cocoa powder, or vanilla extract



Sweeteners

Honey, maple syrup, or agave nectar

4. Blend

Select **BLENDSense**, then press START/STOP.





BLENDSENSE™ TECHNOLOGY

TROPICAL DELIGHT SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER

MAKES: 2-3 SERVINGS

INGREDIENTS

- 2 1/2 cups coconut milk
- 1/2 cup pineapple juice
- 2-3 tablespoons lime juice
- 1 banana, peeled
- 2 cups frozen mango pieces
- 2 cup frozen pineapple pieces

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
- 2 Select BLENDSENSE, and press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups and serve.

BLENDSENSE™ TECHNOLOGY

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER

MAKES: 3-4 SERVINGS

INGREDIENTS

- 2 1/2 cups whole milk
- 2 fresh bananas, peeled, cut in half
- 1/2 cup peanut butter
- 2 teaspoons vanilla extract
- 2 tablespoons cocoa powder
- 2 cups ice cubes

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
- 2 Select BLENDSENSE, and press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups and serve.



72-OUNCE
PITCHER



BLENDSENSE™ TECHNOLOGY

FROZEN SANGRIA

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 3-4 SERVINGS

INGREDIENTS

2 cups dry red wine
1/3 cup orange liqueur
1 tablespoon lime juice
2 navel oranges, peeled, cut in half
1 tablespoon agave
3 cups frozen mixed berries
2 1/2 cups ice cubes

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
- 2 Select BLENDSSENSE, and press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups, and serve.

TIP If sangria is too thick to pour through spout, remove the lid and stacked blade, then portion into cups and serve.

BLENDSENSE™ TECHNOLOGY

RASPBERRY LEMON-LIME EXTRACT*

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 3-4 SERVINGS

INGREDIENTS

2 3/4 cups prepared lemonade
2 tablespoons fresh lime juice
2-3 tablespoon honey
3 cups ice cubes
2 1/2 cups frozen raspberries

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Pitcher. Place all ingredients in the pitcher in the order listed, then install the lid.
- 2 Select BLENDSSENSE, and press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups and serve.

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

72-OUNCE
PITCHER





SMALL CHOP

TURKEY VEGGIE MEATBALLS

PREP: 10 MINUTES

COOK: 35 MINUTES

CONTAINER: 72-OUNCE PITCHER

MAKES: 12-14 MEATBALLS

INGREDIENTS

1/2 white onion, peeled, ends trimmed, cut in half

6 ounces mushrooms (cremini or white)

2 cloves garlic, peeled

1 tablespoon dried oregano

1/4 cup fresh parsley, stems removed

1 1/2 pounds ground turkey

1 tablespoon mayonnaise

1 large egg

1/2 cup bread crumbs

1 tablespoon kosher salt

1 teaspoon ground black pepper

DIRECTIONS

- 1 Preheat oven to 350°F and line two baking sheets with parchment paper.
- 2 Install stacked blade into the 72-ounce Pitcher. Add onion, mushrooms, garlic, oregano and parsley to the pitcher in the order listed, then install the lid.
- 3 Select MODE, then SMALL CHOP, and press START/STOP. When program is complete, Press SMALL CHOP and START/STOP again.
- 4 When processing is complete, remove the lid and the stacked blade from the pitcher. Empty the chopped veggies in a large bowl and add the turkey, mayonnaise, egg, bread crumbs, salt, and black pepper. Combine ingredients together with a spoon or rubber spatula.
- 5 Shape mixture into 12-14 balls and place onto prepared baking sheets.
- 6 Place the baking sheets in the oven and cook for 35 minutes or until the internal temperature of the meatballs reads 165°F on an instant read thermometer.

TIP For vegetarian meatballs, replace turkey with 1 1/2 pounds plant-based ground beef.

72-OUNCE
PITCHER



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NINJA DETECT™ POWER BLENDER PRO

WITH
BlendSense™ TECHNOLOGY

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