

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



NINJA
DETECT™ DUO
POWER BLENDER PRO
+ SINGLE-SERVE

WITH
BlendSense™ TECHNOLOGY

10 QUICK & EASY RECIPES



Blending made simple.

Welcome to the Ninja Detect™ Duo® 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** (Pitcher only)
 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.



add liquid alert*

Alerts you when liquid is needed during blending to completely process your recipe, so you get a perfectly smooth drink every time. When “ADD LIQUID 

*Only available when using the Single-Serve Cup.

PERFECTLY SMOOTH

FROZEN DRINKS

EXTRACTIONS

SMOOTHIES

PERFECTLY THICK

SMOOTHIE BOWLS

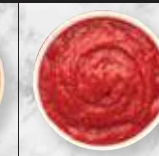
NUT BUTTERS

PERFECTLY PROCESSED

SAUCES

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

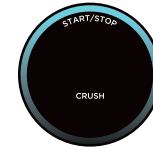
In the first 15 seconds, actively adjusts speed and time based on ingredients and recipe size.

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.



ADD LIQUID

When using the Single-Serve Cup, this illuminates if, during blending, your recipe requires more liquid to blend. When "ADD LIQUID" displays on the dial, press START/STOP and remove the cup from the base. Add 1/2 to 1 cup of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.



Processing Mode PROGRAMS



LARGE CHOP, SMALL CHOP, and MINCE: Pitcher only

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.



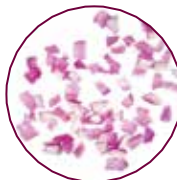
LARGE CHOP:

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): Pitcher only.

START SLOW (Speeds 1-3):

Always start at low speed 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.

LOW, MEDIUM, HIGH Speeds:

Single-Serve Cup only.



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

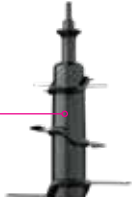
What's in the box

PITCHER LID
With spout for
easy pouring



**NINJA DETECT™
TOTAL CRUSHING® &
CHOPPING BLADES
(STACKED BLADE
ASSEMBLY)**

Blast through frozen fruit
and ice in seconds



72-OZ.* PITCHER

Crush, chop, and make
smoothie bowls in one
compact versatile pitcher

*64-oz. max liquid capacity

DISPLAY

Easy-to-use START/STOP dial,
BlendSense™ button, manual,
mode, and pulse buttons

MOTOR BASE

Powerful high-speed motor
with 1800 peak watts



**(2) 24-OZ.
SINGLE-SERVE CUPS
WITH SPOUT LIDS**

Create delicious drinks
to take on the go



**HYBRID EDGE™
BLADES ASSEMBLY**

High-grade stainless steel
blades breakdown frozen whole
fruits and veggies, nuts, seeds,
and ice for smoother blends



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 containers, lids, and blade
assemblies in warm, soapy water.
When washing the blade assemblies,
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 1 0 1

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.

For best results, blend fresh leafy greens and herbs in the single-serve cup.

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 1 0 1

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.

Load IT UP

Guidelines for best results using the single-serve cup

INGREDIENTS	1 SERVING	2 SERVINGS
Liquid and Yogurt	¾-1 cups	1-1 ½ cups
Fresh and/or Frozen Fruit	1-1 ½ cups	2-3 cups

Do not blend hot, effervescent, or carbonated liquids or ingredients. Doing so may cause excessive pressure buildup, resulting in risk of laceration and or the user being burned.

Do not process or grind dry ingredients.

Do not go past the MAX LIQUID line when loading the cup.

Do not overfill the cup with ingredients when using. 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



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

3



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

2



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

1



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

PREP TIPS: For best results, cut ingredients in 1-inch pieces. Place frozen ingredients in the cup last.

USING THE Single-Serve Cup

ASSEMBLY



1 Fill Single-Serve Cup with desired contents.



2 Screw on Hybrid Edge™ Blades Assembly clockwise until you have a tight seal.



3 Flip cup upside down and lower it onto base.



Turn cup clockwise to lock in place.

ADD LIQUID ALERT



During the BlendSense program, if the unit detects more liquid is needed, "ADD LIQUID" will display in the dial. Press START/STOP, remove the cup from the base, and add ½ to 1 cup of additional liquid. After reinstalling the cup on the base, press START/STOP again to run the BlendSense program again.

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, press MANUAL. Use the dial to select your desired speed (LOW, MEDIUM, or HIGH), then press the dial to begin.

NOTE: Processing Mode programs are only compatible with the Pitcher.

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



3 Turn blade assembly counterclockwise to remove.

4 Taking it to go?

Place the Spout Lid on top of the cup and turn clockwise to seal.



WARNING: Handle the Hybrid Edge Blades Assembly with care, as the blades are sharp.

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 açaí or dragon fruit packets.

Cut larger fruit, like bananas, in quarters.
If using açaí 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

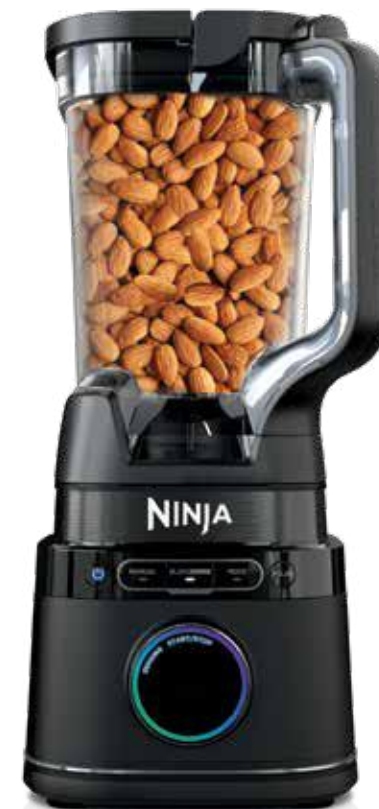


Sweeteners

Honey, maple syrup, or agave nectar

4. Blend

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



SINGLE-SERVE
CUP



BLENDSense™ TECHNOLOGY

BLUEBERRY POWER SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- $\frac{3}{4}$ cup oat milk
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{2}$ green apple, cored, cut in 4 pieces
- 1 cup baby spinach
- 1 tablespoon honey
- 1 cup frozen blueberries
- 1 cup ice cubes

DIRECTIONS

- 1 Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSense, and press START/STOP.
- 3 Remove the blade from the cup after blending.

BLENDSense™ TECHNOLOGY

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- $\frac{3}{4}$ cup whole milk
- 1 fresh banana, peeled, cut in half
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{2}$ tablespoon cocoa powder
- 1 cup ice cubes

DIRECTIONS

- 1 Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSense, and press START/STOP.
- 3 Remove the blade from the cup after blending.

SINGLE-SERVE
CUP





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

CLASSIC STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER

MAKES: 4-6 SERVINGS

INGREDIENTS

- 2 3/4 cups milk of choice
- 2 cups whole frozen strawberries
- 2 cups sliced frozen banana or 1 fresh banana
- 1 cup Greek yogurt
- 1 tablespoons honey
- 1 teaspoon vanilla extract

DIRECTIONS

- 1 Install stacked blade in the 72-ounce Pitcher. Add ingredients to the pitcher in the order listed, then install the lid.
- 2 Select BLENDSENSE and press START/STOP.
- 3 When processing is complete, remove the lid and stacked blade, pour into cups and serve.

TIP For a sweeter smoothie, double recommended honey amount.



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

COCONUT DRAGON FRUIT SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: 72-OUNCE PITCHER
MAKES: 2-4 SERVINGS

INGREDIENTS

1 3/4 cups coconut milk
1 tablespoon honey
2 cups frozen pineapple chunks
1 cup frozen Acai chunks
7 ounces frozen dragon fruit
1 tablespoon frozen or fresh ginger

Toppings (optional):

Sweetened coconut flakes
Fresh berries
Fresh mango
Granola
Slivered almonds
Mini dark chocolate chips

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 processing is complete, remove the lid and stacked blade, then portion into bowls and garnish as desired.

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

72-OUNCE
PITCHER



SINGLE-SERVE
CUP



BLENDSENSE™ TECHNOLOGY

RASPBERRY LEMON-LIME EXTRACT*

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 1/4 cups prepared lemonade

1 tablespoon fresh lime juice

1 tablespoon honey

1 cup ice cubes

1 1/2 cups frozen raspberries

DIRECTIONS

- 1 Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSENSE, and press START/STOP.
- 3 Remove the blade from the cup after blending.

MINCE

CHUNKY SALSA

PREP: 5 MINUTES

CONTAINER: 72-OUNCE PITCHER

MAKES: 8-10 SERVINGS

INGREDIENTS

3 Roma tomatoes, cored, cut in half

1/4 cup cilantro, stems removed

1/2 yellow pepper, seeded, cut in quarters

1/2 jalapeño pepper, seeded, ends cut off

1/2 red onion, peeled, cut in half, ends removed

1 can (28 ounces) whole peeled tomatoes, drained

3 cloves garlic, peeled

1 tablespoon lime juice

1 1/2 teaspoons cumin

1 1/2 tablespoons kosher salt

Ground black pepper, as desired

DIRECTIONS

- 1 Install stacked blade into the 72-ounce Pitcher. Place ingredients in the pitcher in the order listed, then install the lid.
- 2 Select MODE, MINCE, then press START/STOP. Once program is complete, press MINCE, and START/STOP again.
- 3 When processing is complete, remove the lid and stacked blade. Pour salsa into a large bowl and serve with tortilla chips.

TIP If you prefer your salsa smoother, press PULSE until desired consistency is achieved.

72-OUNCE
PITCHER





MANUAL MODE

GARLIC WHITE BEAN DIP

PREP: 5 MINUTES**CONTAINER:** 72-OUNCE PITCHER**MAKES:** 2-4 SERVINGS

INGREDIENTS

2 cans (15 ounces each) cannellini beans, drained and rinsed

2-3 small cloves garlic, peeled

1/4 cup olive oil, plus additional for serving

1/4 cup fresh parsley, stems removed

3 tablespoons lemon juice

1/4 teaspoon cumin

1 teaspoon kosher salt, plus additional, as desired

1/2 teaspoon ground black pepper, plus additional, as desired

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 MANUAL, turn dial to speed 8, press START/STOP, and blend for 60 seconds.
- 3 When blending is complete, remove the lid and stacked blade, then transfer dip to a serving bowl. Season with additional salt and pepper if needed and drizzle with olive oil if desired. Serve with chips, crackers, or vegetables.

TIP For a stronger garlic flavor, use 3 garlic cloves.

SMALL CHOP

TURKEY VEGGIE MEATBALLS

PREP: 40 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

Kosher salt, as desired

Ground black pepper, as desired

DIRECTIONS

- 1 Preheat oven to 350°F and line 2 baking sheets with parchment paper.
- 2 Install stacked blade into the 72-ounce Pitcher. Add onion, mushroom, garlic, dried oregano and parsley to the pitcher in the order listed, then install the lid.
- 3 Select MODE, SMALL CHOP, then START/STOP. Once program is complete, press SMALL CHOP and START/STOP again.
- 4 When processing is complete, remove the lid and stacked blade from the pitcher. Empty the chopped vegetables in a large bowl and add the turkey, mayonnaise, egg, bread crumbs, kosher salt, and pepper. Combine ingredients together with a large spoon or rubber spatula.
- 5 Portion the turkey mixture into 12-14 balls and place on 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.



NINJA
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POWER BLENDER PRO
+ SINGLE-SERVE

WITH
BlendSense™ TECHNOLOGY

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