NINJA QB3001UKS Smoothie Maker Instruction Manual

NINJA

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

**SMOOTHIES
& DRINKS**

SMOOTHIES & DRINKS

**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

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

For best results, cut ingredients in 2.5cm chunks. Place frozen ingredients in the cup last.

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.

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 attack 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

DIRECTIONS

1. Place all ingredients into the 470ml Single-Serve Cup in the order listed. 1/2 small banana, peeled 180g unsweetened coconut milk 1/2 teaspoon unsweetened cocoa powder 180g frozen blueberries
2. Blend until smooth.
3. Remove blades from cup after blending. Attach Spout Lid to enjoy on the go.

Contents

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

DIRECTIONS

1 Place all ingredients into the 470ml Single-Serve Cup in the order listed.
2 Blend unil 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

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.

SUN$SHINE 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.

Documents / Resources

NINJA QB3001UKS Smoothie Maker [pdf] Instruction Manual
QB3001UKS Smoothie Maker, QB3001UKS, Smoothie Maker