



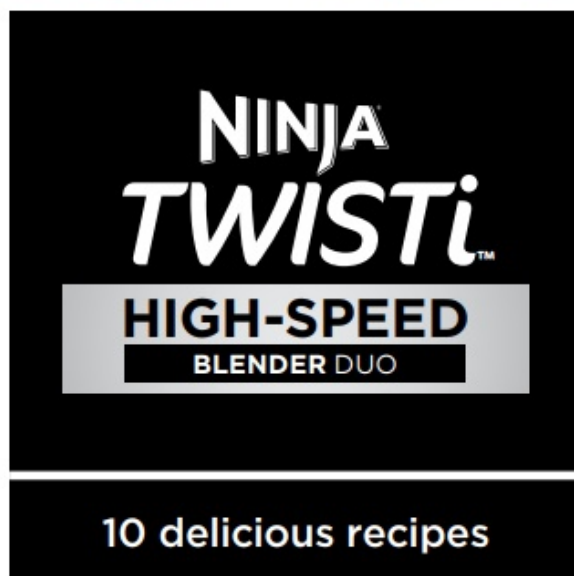
NINJA SS151 TWIST HIGH-SPEED BLENDER DUO User Guide

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SS151 TWIST HIGH-SPEED BLENDER DUO
User Guide





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

Your guide to blending, prepping, and mixing like a TWISTi .TM

Welcome to the Ninja® TWISTi™ High-Speed Power Blender with Built-in Tamper recipe book. 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 bowls and nut butter to frozen drinks, smoothies, and extractions. Now let's get started.

For more exciting delicious recipes, visit ninjakitchen.com

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

Introducing the TWISTi™ PITCHER



It's never been easier to create thick and spoonable smoothie bowls, nut butter, and more. All you have to do is twist the built-in tamper while blending to push ingredients down toward the blade.

DID YOU KNOW?




Smoothie bowls are thicker and spoonable, compared to smoothies, which are thinner and drinkable.

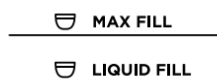
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Smoothie bowl basics

USING THE PITCHER

For 1 serving, use  fill lines:



TIP:

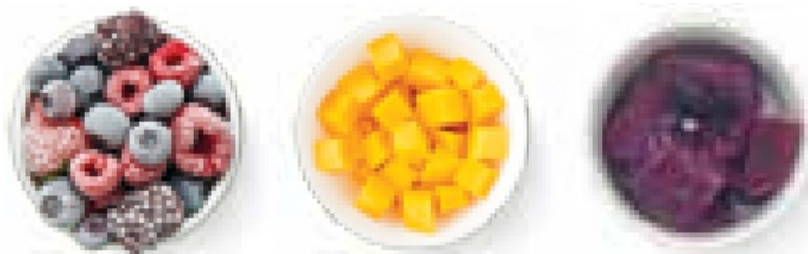
For 2 servings, use  fill lines:



1. Install the blade assembly. Add milk, or milk alternative such as soy, coconut, almond, or oat milk, up to the LIQUID FILL line.

For 1 serving, use the 8-ounce fill line, or for 2 servings, use the 10-ounce fill line.

ALWAYS DO THIS FIRST.



2. Add frozen fruit, directly from the freezer, and/or açai or dragon fruit packets, up to the MAX FILL line. For 1 serving, use the 16-ounce fill line or for 2 servings, use the 34-ounce fill line.

Cut larger fruit, like bananas, in quarters.

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

NOTE: Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.

3. Install the lid onto the pitcher, then install the pitcher onto the motor base. Select BOWL.

Twist the built-in tamper counterclockwise continuously while processing.



After blending is complete, pour into a bowl then add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.

Smoothie bowl color guide

Trying to make your bowl pop in a certain color?

Use this ingredient guide to achieve the look you want.



4

Using the Nutrient Extraction* Cup

Tips to help you create smoothies and nutrient extractions* to take on the go.

Use the SMOOTHIE program to combine your favorite fresh or frozen ingredients, liquids, and powders. Use the EXTRACT program for tough, leafy, or fibrous whole fruits and vegetables, including their skins, seeds, and stems.

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

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



1. Start by adding fresh fruits and vegetables.
2. Next, add leafy greens and herbs.
3. Pour in liquid or yogurt next.
4. For thinner results or a juice-like drink, add more liquid as desired.
5. Next add any dry or sticky ingredients like seeds, powders, and nut butter.
6. Top off with ice or frozen ingredients.

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

PREP TIPS

For best results cut ingredients in 1" pieces. Place frozen ingredients in the cup last.

PEACHES & CREAM SMOOTHIE BOWL



PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 12 SERVINGS, DEPENDING ON THE NUMBER OF INGREDIENTS USED



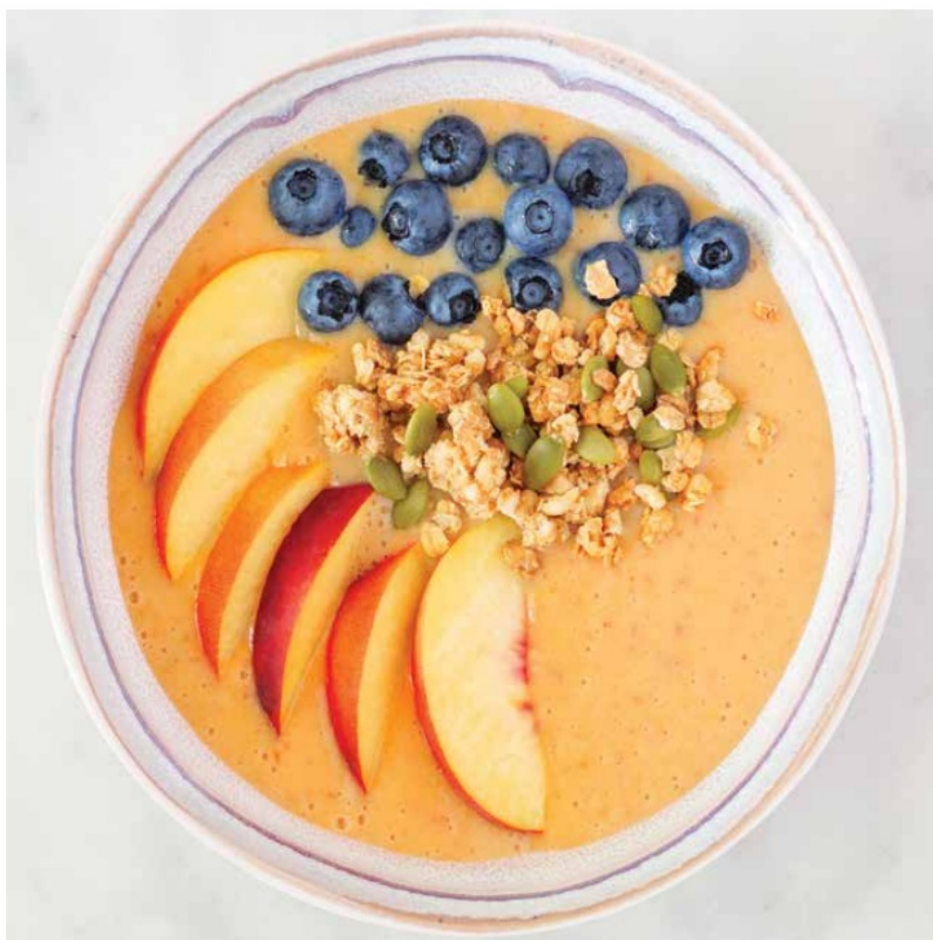
INGREDIENTS


Almond milk

Frozen banana, cut into 2inch pieces

Frozen peaches


Sweetener of choice, as desired



TIP For 1 serving, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

For 2 servings, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line. Install lid on the pitcher, then install pitcher on motor base.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until the program is complete.
5. Remove lid after blending, then pour the mixture into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use fill lines: For 2 servings, use fill lines:

PINA COLADA SMOOTHIE BOWL

PREP: 5 MINUTES


CONTAINER: 34-OUNCE PITCHER

MAKES: 12 SERVINGS, DEPENDING ON THE NUMBER OF INGREDIENTS USED

INGREDIENTS


Coconut milk Frozen pineapple Frozen banana Sweetener of choice, as desired



TIP For 1 serving, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

For 2 servings, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour coconut milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to but not exceeding the Max Fill line. Install lid on the pitcher, then install

pitcher on motor base.

4. Select BOWL. Twist the built-in tamper counterclockwise continuously while blending until the program is complete.
5. Remove blades from the pitcher after blending.
6. Remove lid after blending, then pour the mixture into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use fill lines: For 2 servings, use fill lines:

BLUEBERRY BLAST BOWL

PREP: 5 MINUTES


CONTAINER: 34-OUNCE PITCHER

MAKES: 12 SERVINGS, DEPENDING ON THE NUMBER OF INGREDIENTS USED

INGREDIENTS


Milk of choice Frozen blueberries Frozen strawberries Sweetener of choice, as desired



TIP For 1 serving, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

For 2 servings, use  fill lines:

 **MAX FILL**

 **LIQUID FILL**

DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Pour milk into the pitcher, filling to the Liquid Fill line.
3. Add frozen fruit and sweetener up to, but not exceeding, the Max Fill line. Install lid on the pitcher, then install pitcher on motor base.
4. Select BOWL. Twist the built-in tamper counterclockwise continuously while processing until the program is complete.
5. Remove the lid then pour it into a bowl. Decorate with toppings of your choice and serve.

TIP For 1 serving, use fill lines: For 2 servings, use fill lines:

VIRGIN STRAWBERRY MANGO MARGARITA



PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup frozen mango chunks
- 1 cup tropical juice blend
- 1 cup frozen strawberries
- 1 cup limeade



DIRECTIONS

1. Place frozen mango and tropical juice blend in the 18-ounce Single-Serve Cup, then install the blade assembly. Install cup on motor base.
2. Select FROZEN.
3. Remove blades from the cup after blending and pour the mixture into a glass.
4. Rinse cup and blade assembly and place frozen strawberries and limeade in an 18-ounce Single-Serve Cup, then install the blade assembly. Install cup on motor base.
5. Select FROZEN.
6. Remove blades from the cup after blending and pour half the mixture into each glass, layering it on top of the mango mixture.

FROZEN GIN & GINGER ALE

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1/2 cup gin Zest of

1 lime 1/4 cup fresh lime juice

1/2 cup ginger ale 1/2 cup simple syrup

2 cups of ice cubes



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on the pitcher, then install pitcher on motor base.
3. Select FROZEN.
4. Remove the lid from the pitcher after blending, and pour the cocktail into separate glasses.

FROZEN MOSCOW M

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1/4 cup warm water

1/4 cup packed dark brown sugar

2 teaspoons fresh grated ginger Zest of 1 lime

3 tablespoons fresh lime juice

1/4 cup vodka 12 ice cubes



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place water and brown sugar in a small bowl and stir to dissolve.
3. When the sugar is dissolved, pour the water mixture along with all the remaining ingredients in the pitcher in the order listed. Install lid on the pitcher, then install pitcher on motor base.
4. Select FROZEN.
5. Remove the lid from pitcher after blending, and pour the cocktail into separate glasses.

ORANGE CREAMSICLE COCKTAIL

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/4 cup whipping cream

2 tablespoons of milk of choice

1/4 teaspoon vanilla extract

1/2 cups frozen mango chunks 1 orange, peeled, cut in quarters

1/2 ounces vodka



DIRECTIONS

1. Place all ingredients in the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
Install cup on motor base.
2. Select FROZEN.
3. Remove blades from the cup after blending.

AVOCADO BANANA BOOST

PREP: 5 MINUTES

CONTAINER: 18-OUNCE SINGLE-SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1/2 frozen banana, cut in 2-inch pieces

3/4 cup frozen mango chunks

1/2 ripe avocado, peeled, cut in quarters

3/4 cup orange juice



DIRECTIONS

1. Place all ingredients in the 18-ounce Single-Serve Cup in the order listed, then install the blade assembly.
Install cup on motor base.
2. Select EXTRACT.
3. Remove blades from the cup after blending.

TROPICAL CHIA COOLER

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1/2 teaspoon ground turmeric
- 1/4 inch piece of fresh ginger, peeled
- 1 tablespoon chia seeds
- 3/4 cup tropical blend juice



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on the pitcher, then install pitcher on motor base.
3. Select EXTRACT.
4. Remove the lid from pitcher after blending, and pour the drink into separate glasses.

STRAWBERRY MANGO SOOTHER

PREP: 5 MINUTES

CONTAINER: 34-OUNCE PITCHER

MAKES: 2 SERVINGS

INGREDIENTS

1 1/2 cups orange juice

1 cup frozen strawberry

1 cup frozen mango chunks

1 medium carrot, peeled, cut into 2-inch pieces



DIRECTIONS

1. Install the blade assembly in the 34-ounce Pitcher.
2. Place all ingredients in the pitcher in the order listed. Install lid on the pitcher, then install pitcher on motor base.
3. Select EXTRACT.
4. Remove the lid from the pitcher after blending, and pour the drink into separate glasses


The word "Ninja" is written in a bold, red, cursive script font with a thick black outline, set against a light gray background.

**HIGH-SPEED
BLENDER DUO**

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Documents / Resources

	<p>NINJA SS151 TWIST HIGH-SPEED BLENDER DUO [pdf] User Guide SS151, SS151 TWIST HIGH-SPEED BLENDER, TWIST HIGH-SPEED BLENDER, BLENDER</p>
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References

- [N Blenders, Air Fryers, Indoor Grills, Cookware & More – Ninja](#)

Manuals+.