

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



NINJA

DETECT

POWER BLENDER PRO

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, purées, and sauces.



INITIAL BLENDING

SENSING

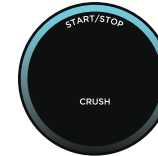
In the first 15 seconds, actively adjusts speed and time based on ingredients and recipe size.

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: Jug 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.



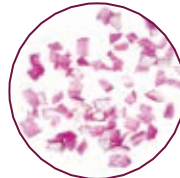
LARGE CHOP:

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): Jug 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.

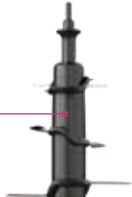
What's in the box

JUG LID
With spout for
easy pouring



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

Blast through frozen fruit
and ice in seconds



2.1L* JUG

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

*1.9L 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



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 Jug

ASSEMBLY



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



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



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 jug anti-clockwise 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 jug lid handle will not fold down unless it is attached to the jug.



WARNING: Stacked Blade Assembly is loose and sharp and not locked in place. Make sure lid is locked onto jug 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 BASICS

Guidelines for best results using the 2.1L		
INGREDIENTS	1-2 SERVINGS	3-4 SERVINGS
Liquid and Yogurt	240-480ml	600-650ml
Fresh and/or Frozen Fruit	375-525g	525-675g

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 (1.9L) line when loading the jug.

Do not overfill the jug 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 75g of leafy greens and herbs (optional).



3

Add desired amount of fresh fruits and vegetables (for best results, cut in 2 ½cm pieces).



2

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



1



Food prep BASICS

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 courgettes in 5cm pieces, and broccoli or cauliflower florets into 2 ½cm pieces. Cut ingredients such as onions in quarters.



PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 5cm 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	240ml	480ml	950ml
	Frozen Fruit	300g	600g	1kg



1. Add milk

With the Stacked Blade Assembly installed in the jug, 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 purée.

Cut larger fruit, like bananas, in quarters.

If using açaí purée packets, thaw slightly and cut in quarters.



3. Add-ins (Optional)

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



4. Blend

Install lid, then install jug 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 favourite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.



INTRO TO Nut butters

1. Add roasted nuts

Place 400g roasted nuts, such as almonds, peanuts, walnuts, cashews, and/or pecans, into the 2.1L jug.

2. Add oil

Add 60ml oil, such as rapeseed, 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



Flavourings

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



Sweeteners

Honey, maple syrup, or agave nectar

4. Blend

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



2.1L JUG



BLENDSENSE TECHNOLOGY

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2-3 SERVINGS

INGREDIENTS

600ml whole milk
2 fresh bananas, peeled, cut in half
125g peanut butter
2 tablespoons cocoa powder
500g ice

DIRECTIONS

- 1 Install stacked blade in the 2.1L Jug. Place all ingredients in the jug in the order listed, then install the lid.
- 2 Select BLENDSENSE, then press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups and serve.

BLENDSENSE TECHNOLOGY

TROPICAL DELIGHT SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2-3 SERVINGS

INGREDIENTS

600ml coconut milk
120ml pineapple juice
2-3 tablespoons lime juice
2 bananas, peeled
330g frozen mango pieces
280g frozen pineapple pieces

DIRECTIONS

- 1 Install stacked blade in the 2.1L Jug. Place all ingredients in the jug 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.

2.1L JUG



2.1L JUG



BLENDSense TECHNOLOGY

FROZEN SANGRIA

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 3-4 SERVINGS

INGREDIENTS

480ml dry red wine
80ml orange liqueur
1 tablespoon lime juice
2 navel oranges, peeled, cut in half
1 tablespoon agave
450g frozen mixed berries
600g ice

DIRECTIONS

- 1 Install stacked blade in the 2.1L Jug. Place all ingredients in the jug 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.

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: 2.1L JUG
MAKES: 2-4 SERVINGS

INGREDIENTS

415ml coconut milk
1 tablespoon honey
280g frozen pineapple chunks
240ml frozen Acai puree
210g fresh dragon fruit or frozen berry mix
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 2.1L Jug. Place all ingredients in the jug 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, 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.

2.1L JUG





CHICKEN & VEGETABLE MEATBALLS

PREP: 40 MINUTES

COOK: 25 MINUTES

CONTAINER: 2.1L JUG

MAKES: 12-14 MEATBALLS

INGREDIENTS

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

170g mushrooms (white)

2 garlic cloves, peeled

1 tablespoon dried oregano

6g fresh parsley, stems removed

680g minced chicken

1 tablespoon mayonnaise

1 large egg

45g bread crumbs

Sea salt and ground black pepper, as desired

DIRECTIONS

- 1 Preheat oven to 175°C and line 2 baking sheets with baking paper.
- 2 Install stacked blade into the 2.1L Jug. Add onion, mushroom, garlic, dried oregano and parsley to the jug 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 jug. Empty the chopped vegetables in a large bowl and add the chicken, mayonnaise, egg, bread crumbs, sea salt, and pepper. Combine ingredients together with a large spoon or rubber spatula.
- 5 Portion the chicken 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 74°C on an instant-read thermometer.

TIP For vegetarian meatballs, replace chicken with 680g plant-based minced beef.



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NINJA

DETECT

POWER BLENDER PRO

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