

# Cleaning

## STUCK-ON INGREDIENTS IN THE POWER NUTRI™ BOWL?

**NOTE:** For best results, use a dishwasher to remove stuck-on ingredients.

1. Rinse the bowl and blade assembly under **WARM WATER** after processing.
2. Fill the bowl with warm water up to the top of the Power Paddle and add **1 or 2 SMALL DROPS** of washing-up liquid.
3. Select **MIX** and press START/STOP. Twist the Power Paddle **anti-clockwise continuously** while processing.
4. Once complete, empty contents and rinse under warm water.



**NOTE:** The Power Paddle in the Power Nutri™ Bowl is not removable.



### STUCK-ON INGREDIENTS IN THE JUG OR CUP:

Fill jug with warm water up to the **DOUGH MAX** line and add **1 or 2 small drops** of washing-up liquid. For the cup, fill halfway with warm water and add **1 small drop** of washing-up liquid. Run the **MIX** program. Once complete, empty contents and rinse under warm water. Refer to the Instructions for more information.



#### Dishwasher

Containers, lids and blade assemblies are all dishwasher safe.



#### Hand-Washing

Wash containers, lids and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle. Use the included cleaning brush to remove excess residue, such as when dealing with stuck-on ingredients, like doughs and batters.



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

For questions or to register your product, visit us online at [ninjakitchen.co.uk](http://ninjakitchen.co.uk)



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



## What's in the Box



Base



2.1L Power Nutri™ Jug



Total Crushing® & Chopping Blade Assembly  
(Stacked Blade Assembly)



Dough Blade Assembly



700ml Power Nutri™ Cup & Spout Lid



400ml Power Nutri™ Bowl with built-in Power Paddle & Storage Lid



Hybrid Edge™ Blades Assembly



Cleaning Brush

Use to remove excess residue when cleaning, such as when dealing with stuck-on ingredients, like doughs and batters.

# AUTO-iQ<sup>®</sup> MODE

Intelligent preset programs combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete.

## DIAL

Use the dial to select the desired program, then press START/STOP to begin.

## POWER

Use the power button to turn the unit on or off.



### NOTE:

The unit can detect if the jug or the cup/bowl is installed on the motor base. Only the programs available for a particular container will illuminate on the control panel.

Use the Power Nutri™ Jug with these programs for blending and processing



- |  |   |
|--|---|
| <b>BLEND</b><br>Fruit Smoothie<br>Milkshakes | <b>CRUSH</b><br>Ice Drink<br>Green Smoothie |
| <b>MIX</b><br>Smoothie Bowl<br>Sorbet        | <b>PUREE</b><br>Sauces<br>Dips              |
|  | <b>CHOP</b><br>Salad<br>Vegetables          |

Use the Power Nutri™ Cup with the drinks programs



- |  |
|--|
| <b>BLEND</b><br>Fruit Smoothie<br>Milkshakes |
| <b>CRUSH</b><br>Ice Drink<br>Green Smoothie  |

Use the Power Nutri™ Bowl with these programs to create thicker outputs



- |  |
|--|
| <b>POWERMIX</b><br>Houmous<br>Pâté           |
| <b>MIX</b><br>Smoothie Bowl<br>Frozen Yogurt |

# MANUAL MODE

Go manual for total control of your blending speed and textures. Dial down the speed for heavy loads like dough, or crank up the speed for smoothies. Continuously runs up to 60 seconds. Press START/STOP at any time to end program sooner.

**NOTE:** In Manual mode, Auto-iQ® programs will not illuminate on the control panel.

## DIAL

Turn the dial from speed 1 to speed 10. Press START/STOP to begin and end blending.

**NOTE:** Only speed 10 is available when using the Power Nutri™ Bowl or Cup.

## IQ/MANUAL

Toggle between Auto-iQ Mode and Manual Mode.



## PULSE

Use short presses for short pulses and long presses for long pulses.

## USING TOTAL SPEED CONTROL & THE JUG

**NOTE: ONLY USE SPEEDS 1 OR 2 WHEN USING THE DOUGH BLADE ASSEMBLY.**

### START SLOW

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

### DIAL UP THE SPEED

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

### HIGH-SPEED BLENDING

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

## Assembling the Jug



1.

Holding the blade assembly by the top of the shaft, insert it into the jug.



2.

Fill jug with desired ingredients. Install the lid, then lower lid handle to lock in place.



3.

Place jug on base. Slightly align handle to the right so the LOCK symbols are visible on the motor base. Rotate clockwise until jug clicks into place.

## Blending

PRESS THE POWER  BUTTON TO TURN THE UNIT ON.



1.

Use the dial to select an Auto-iQ® program or manual speed, then press START/STOP to begin blending.



2.

When blending is complete, turn jug anti-clockwise and lift to remove.



3.

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

**NOTE:** Only use speeds 1 or 2 when using the Dough Blade Assembly.



## For thicker mixtures

Press **RELEASE** button and lift handle to remove lid, then carefully lift out blade assembly before removing contents. Remove contents from blade assembly by using a spatula.

**WARNING:** Blade assembly is 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 Instructions for additional information.

## Dough making

Loading tips for making different doughs and batters.



### COOKIES

Unit can make a max of 24 28g cookies at a time.

- 1 Add sugars, cubed softened butter, eggs and liquids (such as vanilla extract). Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 2 until combined.
- 3 Remove dough blade and add mix-ins (such as chocolate chips, raisins and nuts). Stir to combine.



### PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

Unit can make a max of one 30cm round pizza, 8 pretzels or bagels, or one loaf bread at a time.

- 1 First add liquids (such as water), yeast and oil. Then add dry ingredients. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Remove dough ball and knead to combine, if needed.



### PASTRIES, PIES & SCONES

Unit can make 8 scones and one 30cm round pie crust at a time.

- 1 First add dry ingredients, cubed cold butter or shortening. Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add cold liquids (such as cold milk or water) and run on Speed 2 until combined.
- 3 Remove dough ball and knead to combine, if needed.



### CAKES, BROWNIES, MUFFINS & QUICK BREADS

Unit can make a max of one 30cm round cake, one 20cm x 20cm tin brownies, 12 muffins or one 20cm x 10cm loaf of quick bread, such as banana bread or pumpkin bread.

- 1 Add sugars, softened cubed butter/oils, eggs and liquids (such as vanilla extract). Press IQ/MANUAL, then use the dial to select Speed 2. Press START/STOP and mix until fully combined.
- 2 Add all dry ingredients, then run on Speed 2 until combined.
- 3 Add mix-ins (such as chocolate chips, raisins and nuts). Press IQ/Manual and, with Speed 1 selected, press START/STOP. Blend until combined.

## Food prep



### PREPPING VEGETABLES

- Cut both ends off ingredients and remove any outer peels or skins.
- Cut ingredients such as carrots, cucumber, celery and courgette in 5cm pieces and broccoli or cauliflower florets into 2cm pieces. Cut ingredients such as onions in quarters.



### PREPPING MEAT

- Trim excess fat and connective tissue. Cut meat in 5cm cubes.

### CHOP PROGRAM

- Timed pulses and pauses give you consistent chopping results.
- Run program once for a large chop, twice for a small chop and three times for a mince.

## Assembling the Power Nutri™ Bowl & Power Nutri™ Cup



1.

Fill container with desired contents. Screw on the blade assembly until you have a tight seal.



2.

Flip container upside down and install on base. Rotate clockwise until it clicks into place.

### Blending

PRESS THE POWER ⏻ BUTTON TO TURN THE UNIT ON.



1.

Use the dial to select an Auto-iQ® program or manual speed, then press START/STOP to begin blending.



IF USING POWER NUTRI™ CUP, SKIP STEP 2.

2.

If using the Power Nutri™ Bowl, twist the Power Paddle anti-clockwise **continuously** while processing.



3.

When blending is complete, remove the container from base. Then, remove the blade assembly from container.

### Taking It To Go?

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

**NOTE: DO NOT** microwave or freeze the Power Nutri™ Bowl or Power Nutri™ Cup.



**WARNING:** Handle the blade assembly with care, as the blades are sharp.



#### DID YOU KNOW?

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

# SMOOTHIE BOWL BASICS

## USING THE POWER NUTRI™ BOWL



1.

Add milk or a milk alternative such as soy, coconut, almond or oat milk, up to the **LIQUID FILL** line.

**ALWAYS DO THIS FIRST.**



2.

Add **frozen fruit**, directly from freezer and/or acai\*, up to the **MAX FILL** line.

Cut larger fruit like bananas, in quarters.  
\*If using acai thaw slightly and cut in quarters.



3. (Optional)

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



4.

Screw on the blade assembly and install the bowl on the motor base.

Select **MIX** and press START/STOP. Twist the Power Paddle **anti-clockwise continuously** while processing.



5.

After blending is complete, add your favourite toppings, such as coconut flakes, granola, fresh bananas, berries and agave nectar.