

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



# NINJA Foodi



**POWER BLENDER  
ULTIMATE SYSTEM**

# QUICK START GUIDE



## What's in the Box



**Base**



**Power Blender &  
Processor Pitcher  
with Lid**



**Total Crushing\*  
& Chopping  
Blade Assembly  
(Stacked Blade Assembly)**



**Dough Blade  
Assembly**



**Feed Chute Lid  
with 2-Part Pusher**



**Disc Spindle**



**Reversible Slicing/  
Shredding Disc**



**Grating Disc**  
(not available  
with all models)



**Nutrient Extraction\*  
Cup with Spout Lid**



**XL Smoothie Bowl  
Maker with Storage Lid**



**Hybrid Edge™  
Blades Assembly**

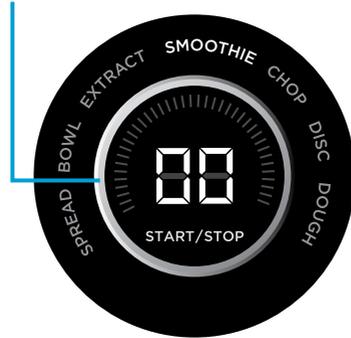
\*Extract a drink containing vitamins and nutrients from fruits and vegetables.

# 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.



### FLAT LID & STACKED BLADE

### FLAT LID & DOUGH BLADE

### FEED CHUTE LID & DISC



#### SPREAD

(on some models)  
Sauces  
Dips

#### BOWL

Smoothie Bowls  
Sorbet



#### SMOOTHIE

Smoothies  
Frozen Drinks

#### CHOP

Mirepoix  
Veggie Chop



#### DOUGH

Cookie  
Pizza



#### DISC

Slice/Shred  
Grate  
(on some models)



When using the disc assemblies, use the feed chute lid with either the DISC program or speed 1 only. When using the dough blade assembly, only use the flat lid with either the DOUGH program or speed 1.

### SINGLE-SERVE CUP & HYBRID EDGE™ BLADES ASSEMBLY

### XL SMOOTHIE BOWL MAKER & HYBRID EDGE BLADES ASSEMBLY

Use **drinkable** programs with the **single-serve cup**

**EXTRACT**  
Green Drinks  
Refresher

**SMOOTHIE**  
Fruit Smoothies  
Protein Drinks



Use **spoonable** programs with the **XL Bowl**

**SPREAD**  
(on some models)  
Nut Butter  
Hummus

**BOWL**  
Smoothie Bowls  
Fro-Yo

# 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<sup>®</sup> 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:** Use only speed 1 when using the dough blade. Only speed 1 is available when using the feed chute lid and disc assemblies. Only speed 10 is available when using the XL bowl and single-serve 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 VARIABLE SPEED CONTROL WITH THE PITCHER & FLAT LID

**NOTE: IF USING MANUAL SPEEDS WITH THE DOUGH BLADE ASSEMBLY, ONLY USE THE FLAT LID AND SPEED 1.**

### 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

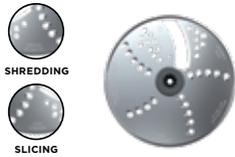
Smoother blends call for higher speeds. Low speeds are great for chopping veggies and mixing dough, but you'll need to ramp up for purees and dressings.

### HIGH-SPEED BLENDING

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

## Getting to Know the Disc Assemblies

**NOTE:** Install the disc spindle into the pitcher before installing the disc assembly.



### REVERSIBLE SLICING/ SHREDDING DISC

The reversible slicing/shredding disc is perfect for outputs like thinly sliced cucumbers and shredded carrots. Face the side labeled “slicer” up for slicing and face the side labeled “shredder” up for shredding.



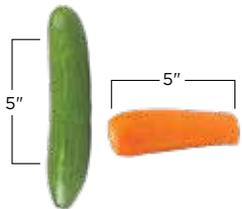
### GRATING DISC

(not available with all models)  
The grating disc is ideal for outputs like grated Parmesan cheese.

**NOTE:** Ensure cheese is well chilled before slicing/shredding or grating.  
**DO NOT** slice, shred, or grate frozen cheese.

## Food Prep Tips

**NOTE:** Before processing, ensure ingredients will fit through feed chute.  
**DO NOT** force ingredients through feed chute, as this may result in uneven processing.



Trim ingredients so they are in 4–5” pieces or slightly higher than the height of the feed chute.

**DO NOT** cut ingredients shorter than the height of the feed chute.



Cut both ends off ingredients to create flat surfaces. Trim tapered ingredients like carrots to make them more symmetrical.



Larger ingredients, such as potatoes, may need to be cut in half lengthwise.

### USING THE 2-PART PUSHER

Use the 2-part food pusher to help guide the food through the feed chute. With the outer pusher installed in the feed chute, use the middle pusher for narrow ingredients, such as carrots. Rotate the top clockwise and lift to separate the pieces.

## Assembling the Power Blender & Processor Pitcher with Feed Chute Lid and Disc Assemblies



**1.**

Install the spindle in the pitcher. Holding the disc by the plastic grip, lower it onto the spindle.

**NOTE:** Grating disc is not available on all models.



**2.**

Rotate lid tab to the right of the handle, then press the lid down until secure. Rotate the tab clockwise until it clicks into place on the pitcher handle.



**3.**

Place pitcher on base. Slightly align handle to the right so the LOCK symbol is visible on the motor base. Rotate clockwise until pitcher clicks into place.

## PROCESSING

**PRESS THE POWER ⏻ BUTTON TO TURN THE UNIT ON**



**1.**

With DISC selected, press START/STOP. Add the prepped ingredients through the feed chute. Use the 2-part pusher to guide ingredients through the feed chute. The middle piece of the pusher is removable to use for narrow ingredients.



**2.**

When program is complete, remove lid by pressing the release button and rotating lid tab counterclockwise, then lift it up.



**3.**

Using plastic grip, carefully remove the disc, then remove the spindle. Finally, turn pitcher counterclockwise and lift to remove.

**NOTE:** If using manual speeds, only speed 1 is available.

## Assembling the Power Blender & Processor Pitcher with Flat Lid and Blade Assemblies



1.

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



2.

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



3.

Place pitcher on base. Slightly align handle to the right so the LOCK symbol is visible on the motor base. Rotate clockwise until pitcher clicks into place.

**NOTE:** The stacked blade and dough blade assembly are only compatible with the flat lid.

### 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 pitcher counterclockwise and lift to remove.



3.

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

**NOTE:** If using manual speeds with the dough blade assembly, use only speed 1.



### For thicker mixtures

Press **RELEASE** button and lift handle to remove the flat 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 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.

## Assembling the Nutrient Extraction\* Cup & XL Smoothie Bowl Maker



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 SINGLE-SERVE CUP. SKIP STEP 2.**

2.

If using the XL bowl twist the built-in tamper counterclockwise **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 XL bowl or cup, and turn clockwise to seal.

**NOTE: DO NOT** microwave or freeze the single-serve cup or XL bowl.



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

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

# SMOOTHIE BOWL BASICS

## USING THE XL SMOOTHIE BOWL MAKER



1.

Add milk or 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 açai or dragon fruit packets, up to the **MAX FILL** line.

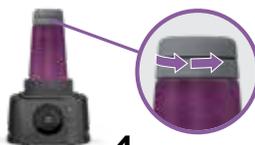
Cut larger fruit, like bananas, in quarters.

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



3. (Optional)

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



4.

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

Select **BOWL** and press **START/STOP**. Twist the built-in tamper **counterclockwise continuously** while processing.



5.

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

## CLEANING



### Dishwasher

Containers, lids, discs, and blade assemblies are all dishwasher safe.



### Hand-Washing

Wash containers, lids, discs, and blade assemblies in warm, soapy water. When washing the disc and blade assemblies, use a dishwashing utensil with a handle to avoid direct contact with the blades.



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

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



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