

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

**NINJA**®

**PROFESSIONAL PLUS**

**BLENDER  
WITH AUTO-IQ**®

**QUICK  
START  
GUIDE**

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**+ 30 IRRESISTIBLE RECIPES**

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# NINJA® PROFESSIONAL PLUS BLENDER WITH AUTO-IQ®

## QUICK ASSEMBLY

### CLEANING

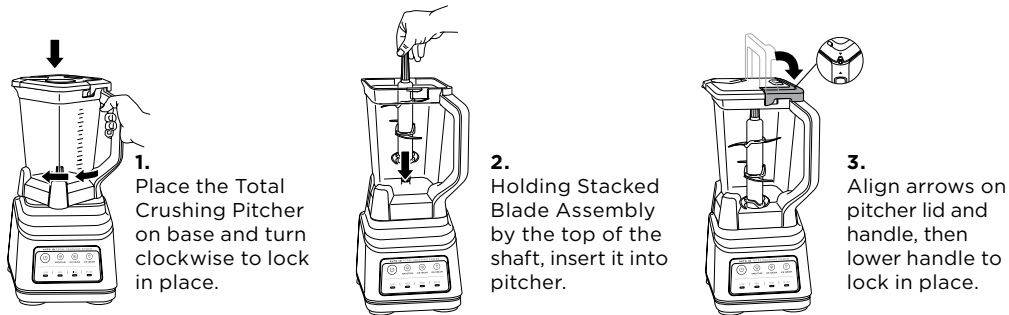
**Dishwasher:** The container, lid, and blade assembly are all dishwasher safe. The lid and blade assembly are top-rack dishwasher safe only. Ensure the blade assembly is removed from the container before placing in the dishwasher.

**Hand-Washing:** Wash container, lid, and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle blade assembly with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.


**WARNING:** Always unplug the blender base before cleaning.

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

### TOTAL CRUSHING® PITCHER



**NOTE:** The pitcher lid handle will not fold down unless it is attached to the pitcher.

Once the Total Crushing Pitcher is locked onto base, press the Power button  to turn the unit on.

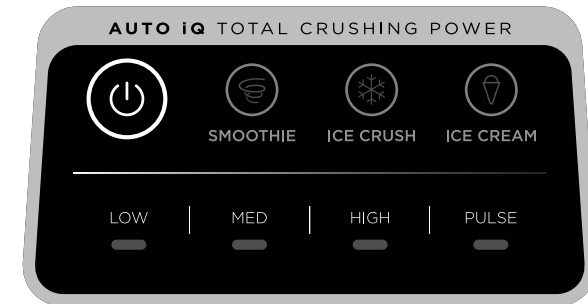
**WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto pitcher before pouring contents. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

## NINJA® PROFESSIONAL PLUS BLENDER WITH AUTO-IQ®

### AUTO-IQ PROGRAMS

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. To stop blending before the end of the program, press the currently active button again.

### TOTAL CRUSHING® PITCHER



#### Smoothie

Whole Fruits/Vegetables  
Fibrous Ingredients  
Seeds

#### Ice Crush

Margaritas  
Daiquiris  
Milkshakes

#### Ice Cream

Fresh/Frozen Fruits  
Milk/Yogurt  
Protein Shakes

### MANUAL PROGRAMS

**LOW, MEDIUM, and HIGH:** When selected, each of these speeds runs continuously until turned off. They do not work in conjunction with any preset programs.

**PULSE:** Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

**TIP:** Use PULSE to quickly chop onions, celery, carrots, and more.

# WATERMELON QUENCH

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

2 1/2 cups watermelon chunks  
2 cups pomegranate juice  
1 cup frozen peach slices

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# BANANA MOCHA ALMOND SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1 large ripe banana, cut in half  
1 cup strongly brewed coffee, chilled  
1 cup almond milk  
3 tablespoons creamy almond butter  
2 teaspoons agave nectar  
3 tablespoons cocoa powder  
2 1/2 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**

# APPLE PIE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 8 SERVINGS

## INGREDIENTS

4 large Golden Delicious apples, cored, chopped  
4 cups unsweetened almond milk  
1 tablespoon lemon juice  
2 tablespoons brown sugar  
1 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 teaspoon kosher salt  
4 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# TROPICAL CHILL

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 ripe banana  
1/2 cup pineapple chunks  
1/2 cup honeydew melon chunks  
1/4 lime, peeled, cut in half, seeds removed  
3/4 cup coconut water  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

SMOOTHIE

# CINNAMON & COFFEE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-3 SERVINGS

## INGREDIENTS

1/2 cup strongly brewed coffee, cooled  
1 square (1 ounce) dark chocolate  
1 cup rice milk  
1 teaspoon ground cinnamon  
1/2 cup low-fat vanilla yogurt  
4-6 ice cubes

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

**DO NOT BLEND HOT INGREDIENTS.**

# FRESH CITRUS MARGARITA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 lime, peeled, cut in half, seeds removed  
1 lemon, peeled, cut in quarters, seeds removed  
1/3 cup orange juice  
1/4 cup triple sec  
2/3 cup tequila  
4 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

SMOOTHIE

# ISLAND SUNRISE SMOOTHIE

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 cup pineapple chunks  
1 small ripe banana, cut in half  
2 cups coconut water  
1 cup frozen mango chunks  
1 cup frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select SMOOTHIE.

# PEAR GINGER SAKE MARTINI

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 frozen pear, peeled, cored  
1/2 teaspoon grated fresh ginger  
2 cups pear juice  
1/2 to 3/4 cup sake  
1 tablespoon agave nectar  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

ICE CRUSH

ICE CRUSH

# JAMAICAN SCREWDRIVER

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 cups orange juice  
 1/2 cup vodka  
 1/4 cup light rum  
 1 small ripe banana, cut in half  
 1 1/2 cup frozen pineapple chunks  
 2 cups ice  
 4 orange slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except orange slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.
- 3 Pour into chilled glasses and garnish with orange slices.

# STRAWBERRY DAIQUIRI

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 5 SERVINGS

## INGREDIENTS

1 cup lime juice  
 1 cup light rum  
 4 cups frozen strawberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# LEM-MOSA

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

3 lemons, peeled, cut in half, seeds removed  
 4 fresh mint leaves  
 1 3/4 cups dry white wine  
 2 tablespoons agave nectar  
 3 1/2 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.

# TROPICAL COOLER

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 8 SERVINGS

## INGREDIENTS

1 cup pineapple chunks  
 1/2 jalapeño pepper, seeds removed  
 1/2-inch piece fresh ginger, peeled  
 1/3 English cucumber, peeled, cut in quarters  
 Juice of 1 1/2 limes  
 1 1/2 cups coconut water  
 1/2 cup silver tequila  
 3 tablespoons agave nectar  
 1/4 teaspoon ground coriander  
 3 1/2 cups frozen mango chunks  
 1 1/2 cups ice  
 Cucumber slices, for garnish

## DIRECTIONS

- 1 Place all ingredients, except cucumber slices, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CRUSH.
- 3 Pour into glasses and garnish each with cucumber slices.

# BLUEBERRY VANILLA CHIP FREEZE

**PREP:** 10 MINUTES | **FREEZE:** 15 MINUTES-3 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

1/2 cup white chocolate chips  
3/4 cup light cream  
2 tablespoons lemon juice  
1 teaspoon vanilla extract  
3 cups frozen blueberries

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

# VANILLA PEPPERMINT ICE CREAM

**PREP:** 10 MINUTES | **FREEZE:** 8 HOURS + 15 MINUTES-3 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

2 cups heavy cream  
1 cup evaporated milk  
10 round peppermint candies  
1/4 cup powdered sugar  
1/2 teaspoon peppermint extract  
1 cup whole milk

## DIRECTIONS

- 1 Stir together the heavy cream and evaporated milk. Pour into ice cube trays and freeze for 8 hours or overnight.
- 2 Place peppermint candies, powdered sugar, peppermint extract, milk, and frozen cream cubes into the 72-ounce Total Crushing Pitcher.
- 3 Select ICE CREAM.
- 4 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

# STRAWBERRY MINT SORBET

**PREP:** 5 MINUTES | **FREEZE:** 15 MINUTES-3 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

3 cups frozen strawberries  
6 fresh mint leaves  
1 cup pomegranate juice  
2 tablespoons coconut sugar

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select ICE CREAM.
- 3 Remove mixture from the pitcher and place in the freezer for at least 15 minutes before serving. If you prefer a hard ice cream consistency, pour mixture into a loaf pan and freeze for 2 to 3 hours, or until hardened.

# CHIPOTLE SALSA

**PREP:** 10 MINUTES | **CHILL:** 1 HOUR | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 CUPS

## INGREDIENTS

2 cans (10 ounces each) whole peeled tomatoes, drained  
1 small white onion, peeled, cut in quarters  
1 jalapeño pepper, cut in half, seeds removed  
1 canned chipotle pepper in adobo sauce  
2 tablespoons adobo sauce  
1 bunch cilantro, stems removed  
1 lime, peeled, cut in quarters, seeds removed  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 PULSE until desired consistency is reached.
- 3 Cover and refrigerate at least 1 hour before serving.

# SPINACH ARTICHOKE DIP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 9 CUPS

## INGREDIENTS

3 tablespoons unsalted butter  
2 cloves garlic, peeled, chopped  
1 large onion, peeled, chopped  
1/3 cup all-purpose flour  
2 teaspoons kosher salt  
1 teaspoon ground black pepper  
1 can (14 ounces) artichoke hearts, drained  
1 pound baby spinach  
4 cups low-sodium vegetable broth  
2 cups grated Parmesan cheese  
1/2 cup sour cream

**DO NOT BLEND HOT INGREDIENTS.**

## DIRECTIONS

- 1 Place butter, garlic, and onion into a 5-quart saucepan over medium-low heat. Cook for 5 minutes.
- 2 Add flour, salt, and pepper, and stir to incorporate. Add artichoke hearts, spinach, and broth. Bring to a boil, then reduce heat to medium-low and cook for 20 minutes.
- 3 Remove from heat and cool to room temperature.
- 4 Place cooled mixture into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 5 Return sauce to saucepan, add Parmesan and sour cream, then simmer until heated through.

# BUTTERNUT SQUASH SOUP

**PREP:** 20 MINUTES | **COOK:** 40-45 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 8 SERVINGS

## INGREDIENTS

3 tablespoons olive oil  
1 large yellow onion, peeled, chopped  
1 cup raw cashews  
1 large apple, peeled, cored, chopped  
1 large carrot, peeled, chopped  
2 pounds butternut squash, peeled, cubed  
1 teaspoon fresh thyme leaves  
1 bay leaf  
4 cups vegetable stock  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Heat oil in a large saucepan over medium heat. Add the onions, cooking until they begin to soften, about 5 minutes. Add the cashews and cook, stirring, for about 5 minutes.
- 2 Add the apple, carrot, squash, thyme, and bay leaf to the saucepan and cook for 5 minutes. Add the stock and stir to combine. Bring the soup to a boil and then reduce the heat to medium-low. Allow soup to simmer until the squash is easily pierced with a knife, 20 to 25 minutes. Remove and discard bay leaf.
- 3 Allow the soup to cool to room temperature.
- 4 Working in two batches, ladle half the cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached. Repeat with remaining soup.

**DO NOT BLEND HOT INGREDIENTS.**

# SUN-DRIED TOMATO SAUCE

**PREP:** 15 MINUTES | **COOK:** 25 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING® PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

1 onion, peeled, cut in quarters  
4 cloves garlic, peeled  
1 tablespoon canola oil  
1 can (28 ounces) whole peeled tomatoes  
1 jar (6 ounces) sun-dried tomatoes packed in olive oil  
1/2 cup dry red wine  
1/2 teaspoon crushed red pepper  
Kosher salt, to taste  
Ground black pepper, to taste  
1/4 bunch basil, chopped, for garnish

**DO NOT BLEND HOT INGREDIENTS.**

## DIRECTIONS

- 1 Place the onion and garlic into the 72-ounce Total Crushing Pitcher. PULSE until roughly chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the onion and garlic. Sauté for 5 minutes, or until softened.
- 3 Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Add the tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
- 5 Garnish with fresh basil.

## PEP IN YOUR STEP SOUP

**PREP:** 10 MINUTES | **COOK:** 10 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 3 SERVINGS

### INGREDIENTS

3 red bell peppers, roasted, peeled, cooled  
 1/4 cup sundried tomatoes  
 2 cloves garlic, peeled  
 1/4 cup white wine  
 1/4 bunch Italian parsley, trimmed  
 1 cup low-sodium vegetable broth  
 Kosher salt, to taste  
 Ground black pepper, to taste  
 Balsamic vinegar, for garnish

### DIRECTIONS

- 1 Place all ingredients, except balsamic vinegar, into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Transfer soup to a medium saucepan and simmer until heated through, about 10 minutes. Serve in bowls garnished with a splash of balsamic vinegar.

**DO NOT BLEND HOT INGREDIENTS.**

## ROASTED GARLIC & ROMA TOMATO SOUP

**PREP:** 10 MINUTES | **COOK:** 15 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

### INGREDIENTS

1 can (28 ounces) whole peeled tomatoes  
 4 cloves garlic, peeled  
 3 tablespoons tomato paste  
 3/4 cup silken tofu  
 3 tablespoons extra virgin olive oil  
 1/2 teaspoon kosher salt  
 1/4 teaspoon ground black pepper  
 1 cup vegetable broth  
 1 tablespoon fresh basil leaves

### DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until desired consistency is reached.
- 3 Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes, or until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

## CARROT GINGER SOUP

**PREP:** 15 MINUTES | **COOK:** 40 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

### INGREDIENTS

2 tablespoons olive oil  
 6 medium carrots, peeled, chopped  
 4 shallots, peeled, chopped  
 2-inch piece fresh turmeric root, peeled, chopped  
 1 1/2-inch piece fresh ginger, peeled, chopped  
 1 1/2 cups vegetable broth  
 2 tablespoons lime juice  
 Kosher salt, to taste  
 Ground black pepper, to taste

### DIRECTIONS

- 1 Heat oil in a saucepan over medium-high heat. Add carrots, shallots, turmeric, and ginger. Sauté until softened, about 15 minutes.
- 2 Add vegetable broth, lime juice, salt, and pepper to saucepan and simmer 10 to 15 minutes over medium-low heat. Let cool to room temperature.
- 3 Add the cooled soup to the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Reheat soup in saucepan until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

## CAULIFLOWER WHITE CHEDDAR SOUP

**PREP:** 15 MINUTES | **COOK:** 30 MINUTES

**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

### INGREDIENTS

4 cups cauliflower florets  
 1/2 small onion, peeled, cut in half  
 2 cups low-fat milk  
 3/4 cup grated white cheddar cheese, plus additional for garnish  
 1 teaspoon onion powder  
 1/4 teaspoon grated nutmeg, plus additional for garnish  
 Kosher salt, to taste  
 Ground black pepper, to taste

### DIRECTIONS

- 1 Steam cauliflower with onion until tender, about 15 minutes. Cool to room temperature.
- 2 Place cooled cauliflower and onion with remaining ingredients into the 72-ounce Total Crushing Pitcher.
- 3 Select HIGH until desired consistency is reached.
- 4 Transfer soup to a stockpot, adjust seasonings, and simmer until heated through.
- 5 Garnish each serving with additional grated cheese and nutmeg.

**DO NOT BLEND HOT INGREDIENTS.**



# BROCCOLI CHEDDAR SOUP

**PREP:** 15 MINUTES | **COOK:** 35-40 MINUTES  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 6 SERVINGS

## INGREDIENTS

3 tablespoons butter  
1/2 small yellow onion, peeled, chopped  
1 medium carrot, peeled, chopped  
2 tablespoons flour  
3 cups chicken broth  
3 cups broccoli florets  
1 cup whole milk  
3/4 cup shredded cheddar cheese  
Kosher salt, to taste  
Ground black pepper, to taste

## DIRECTIONS

- 1 Place butter into a heavy-bottom saucepan over medium heat; stir until melted. Add onion and carrot and cook until tender, about 5 minutes.
- 2 Whisk in the flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer over medium heat until tender, 20 to 25 minutes, stirring occasionally. Let cool to room temperature.
- 3 Place cooled soup into the 72-ounce Total Crushing Pitcher. Select HIGH and blend until desired consistency is reached.
- 4 Transfer the soup back to the saucepan. Add milk, cheese, salt, and pepper. Simmer until heated through.

**DO NOT BLEND HOT INGREDIENTS.**

# WATERMELON MINT GRANITA

**PREP:** 10 MINUTES | **FREEZE:** 3-4 HOURS  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

6 cups watermelon chunks  
1 tablespoon lime juice  
3 tablespoons agave nectar  
6 mint leaves

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth. Strain watermelon juice and discard pulp.
- 3 Pour watermelon juice into ice cube trays. Freeze 3 to 4 hours, or until almost solid. Shave with a fork into glasses and serve.

# FROZEN STRAWBERRY PEACH TREAT

**PREP:** 10 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 1/2 cups frozen strawberries  
1/2 cup frozen peaches  
1/2 cup whole milk  
1/4 cup low-fat vanilla yogurt  
2 tablespoons agave nectar  
1 teaspoon vanilla extract

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

# CANTALOUPE PEPPER FREEZE

**PREP:** 15 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 cups frozen cantaloupe chunks  
1/2 teaspoon freshly ground black pepper  
3/4 to 1 1/2 cups water  
1 cup ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth. Add additional water, if needed.

# VANILLA NUT FROZEN TREAT

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 cup vanilla oat milk  
 1/2 cup walnut halves  
 1/2 teaspoon pure vanilla extract  
 2 packets (.035 ounces each) stevia  
 1 cup nonfat vanilla yogurt  
 2 1/2 cups ice

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

# BANANA CHOCOLATE MOUSSE

**PREP:** 15 MINUTES | **CHILL:** 2 HOURS |  
**CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

2 ripe bananas, cut in quarters  
 2 ripe avocados, peeled, cut in quarters, pits removed  
 1/4 cup chocolate syrup  
 Juice of 1/2 orange  
 1/4 cup cocoa powder

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth, scraping down sides of pitcher as needed.
- 3 Place mousse into an airtight container and refrigerate until chilled, about 2 hours.

# COCONUT PINEAPPLE SORBET

**PREP:** 5 MINUTES | **CONTAINER:** 72-OUNCE TOTAL CRUSHING\* PITCHER | **MAKES:** 4 SERVINGS

## INGREDIENTS

1 cup frozen pineapple chunks  
 1 small frozen ripe banana  
 1 tablespoon fresh lime juice  
 1/2 cup light coconut milk  
 1 tablespoon agave nectar  
 1 teaspoon grated fresh ginger

## DIRECTIONS

- 1 Place all ingredients into the 72-ounce Total Crushing Pitcher in the order listed.
- 2 Select HIGH until smooth.

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For questions or to register your product,  
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