

NINJA®

Kitchen System Pulse™

Your Guide
to a Healthy Lifestyle
product guide & recipes



NINJA®

Congratulations! You have just purchased the Ninja Kitchen System Pulse!

Ninja Pulse is a complete system to inspire and simplify healthy living for your active on the go lifestyle.

Ninja Pulse combines the function of many kitchen appliances all into one for OPTIMAL performance...to get you out the door feeling great...

The power is in the palm of your hands!

KNEAD

dough into creative pizzas, pretzels, breads and cookies

CRUSH

ice into snow in seconds

BLEND

whole fruits & veggies into delicious smoothies

PROCESS

fresh ingredients evenly-no more mush!

JUICE

whole fruits & vegetables



Ninja Pulse gives you the power and convenience to live a healthy lifestyle by combining Ninja blade technology with single serve blending cups, a processor bowl and easy to use attachments for all your kitchen needs.

Check out these healthy, easy-to-make recipes 



healthy tip

For smoother
juices, try watery
fruits & less
fibrous
vegetables



melon cooler

- ¾ Cup Cantaloupe
- ¾ Cup Honeydew
- ¼ Cup Pineapple
- ¼ Cup Spinach
- 2-4 Cubes of Ice

Pulse and Blend for 15 Seconds

COMPLETE JUICING

What makes our juice complete? Unlike Juicers the Ninja Pulse allows you to turn whole fruits and vegetables into delicious drinks leaving all the nutritious pulp. Combine your favorite whole fruits, vegetables, and a few ice cubes and the Ninja blade technology will do the rest!

*Pulse Points

Pulp is the healthiest part of any juice providing you with the most nutrition.

If you prefer less pulp add a few ice cubes. The longer you blend the smoother it gets. If you must...use a strainer



what you need:



single serve cup for yourself



base



40-oz bowl for a party



blade

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healthy tip

Freeze juice into cubes to enhance the texture



cranberry cosmo freeze

- | | |
|---------------------------------|-----------------------------------|
| Ingredients: | Single Serve: |
| ½ cup fresh cranberries, washed | 2 tbsp. fresh cranberries, washed |
| ½ cup cranberry juice | ¼ cup cranberry juice |
| 4 oz. triple sec | 1 oz. triple sec |
| 8 oz. vodka, chilled | 2 oz. vodka, chilled |

In advance, place the cranberries and juice in the Processor Bowl and pulse until smooth. Spoon the mixture into ice cube trays and freeze until ice cubes are formed.

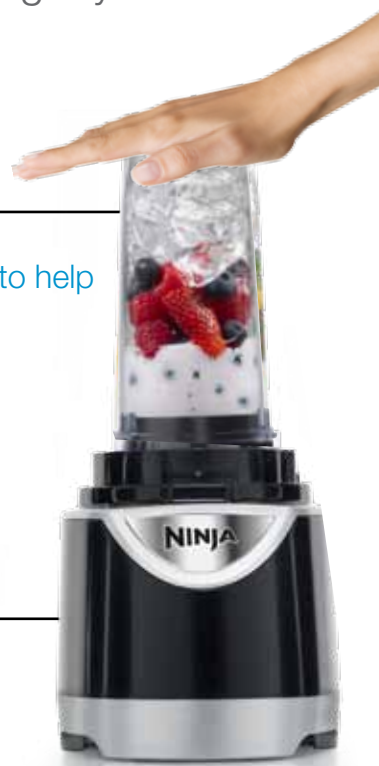
Place the cranberry juice ice cubes and the remaining ingredients in the Processor Bowl. Pulse until smooth. Serve right away in chilled martini glasses. Serves 4.

FROZEN BLENDING

Ninja Pulse is a complete kitchen system to inspire and simplify healthy living for active lifestyles. Whether you desire a delicious fruit smoothie, protein shake, frappe, slushie or even resort style frozen cocktail... we've got you covered!

*Pulse Points

For quicker results, quickly pulse 3-4 times to help break up the ice.
The harder the ingredients, the more pulses you'll need.



what you need:



single serve cup for yourself



base



40-oz bowl for a party



blade

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healthy tip

Mangos provide 3 gms of dietary fiber per cup



mango salsa

- 1 mango, sliced
- ¼ red onion wedge, peeled
- ½ tomato, quartered
- 1 Jalapeno pepper halved and seeded
- ¼ green pepper, halved and halved again
- ¼ cup cilantro
- Juice of one lime

Add all ingredients to the Processor Bowl. To rough chop, pulse quickly 3 to 4 times... for finer pulse longer

FOOD PROCESSING

Chop fresh ingredients evenly without any mush! Effortlessly mince, chop, grind and blend a variety of ingredients for easy meal preparation or final touches!

* Pulse Points

Pulse similarly textured foods together for better consistency.

Make sure to test the power of the pulse on new foods, to get just the right consistency.



what you need:



40-oz bowl



base



blade

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healthy tip
Use wheat flour for a healthy alternative



flat bread pizza dough

- 2/3 cups warm water (105 to 110 degrees F)
- 1/4 teaspoon active dry yeast
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoons sugar
- 1/4 tablespoons olive or canola oil, plus more for bowl

Proof the yeast by sprinkling on top of water. Let rest for about 10 minutes until yeast gets bubbly and foamy. Add water and yeast to the Processor Bowl and add flour, salt and 1/4 tablespoons of oil. Pulse and hold to blend and continue processing until dough forms a ball. Continue to process to knead the dough until dough is smooth and elastic. Oil a large bowl and turn out dough into bowl. Cover with a tea towel and let rise until doubled in size.

DOUGH MIXING

Effortlessly turn dry and wet ingredients in to breads and decadent desserts in seconds. The Ninja Pulse have the power to create rustic pizza doughs, delicious cookie dough, even delicate crepe batter.

* Pulse Points

To knead bread dough quickly, use the dough blade and hold down for 20 seconds.

For best results on cookie doughs, use the specially designed cookie paddle and pulse for a few seconds at a time to thoroughly blended.



what you need:



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Non-Alcoholic Drinks

Raspberry & Mint Lemonade

Ingredients:

- 8 oz. club soda
- ½ cup lemonade
- ½ cup fresh raspberries, rinsed
- 2 tbsp. powdered sugar
- 4 mint leaves
- ice cubes

Single Serve:

- 2 oz. club soda
- 2 oz. lemonade
- 2 tbsp. fresh raspberries, rinsed
- 1 tsp. powdered sugar
- 1 mint leaf
- ice cubes

Place all the ingredients, except the ice cubes, in the Processor Bowl and pulse until blended. Fill 4 cocktail glasses with ice cubes and pour the lemonade over each. Serve right away. Serves 4.

Quick Orangesicle

Blender Jar:

- ½ cup fresh orange juice
- ½ cup fresh red grapefruit, peeled, segmented
- 1 cup fresh orange, peeled, segmented
- 1 cup lowfat plain yogurt
- 1 tbsp. powdered sugar
- 10 to 12 ice cubes

Single Serve:

- 1 cup vanilla frozen yogurt
- ¼ cup orange juice
- ½ cup fresh orange, peeled, segmented

Place all ingredients in Processor Bowl or single serve cup and pulse until smooth. Serve right away - blender serves 4

Sweet Cherry Smoothie

Blender Jar:

- 1 cup low fat milk
- ½ cup low fat vanilla yogurt
- ¾ cup fresh sweet cherries, pitted (or frozen cherries, if desired)
- 1 small banana, peeled
- 10 to 12 ice cubes

Single Serve:

- ½ cup low fat milk
- ½ cup low fat vanilla yogurt
- ½ cup fresh sweet cherries, pitted (or frozen cherries, if desired)
- ½ small banana, peeled
- 5 to 6 ice cubes

Place all ingredients in Processor Bowl or single serve cup and pulse until smooth.

Alcoholic Drinks

Classic Margarita

Ingredients:

- ½ cup fresh lime juice
- 2 tbsp. fresh orange juice
- 2 tbsp. fresh lemon juice
- 4 oz. orange liqueur
- 4 oz. tequila
- 1 tbsp. sugar or agave nectar (optional)
- 16 to 18 ice cubes

Place all ingredients in the Processor Bowl and pulse until smooth. Taste and add the sugar or nectar if you like a sweeter flavor. Serve immediately. Serves 3-4.

Honeydew Melon Gimlet

Ingredients:

- 1 cup honeydew melon, in chunks
- 2 tsp. lemon juice
- 8 oz. dry gin
- 4 slices fresh lemon (optional)

Single Serve:

- ¼ cup honeydew melon, in chunks
- 1 tsp. lemon juice
- 2 oz. dry gin
- 1 slice fresh lemon (optional)

Place the melon, juice and gin in the Processor bowl and pulse until smooth. Strain before serving, if desired. Garnish with lemon slices to serve. Serves 4.

Tropical Sunset Sparkler

Ingredients:

- 20 ice cubes
- ½ cup orange juice
- ½ cup pineapple juice
- 12 oz. champagne
- 4 tbsp. grenadine
- 4 fresh sweet cherries

Single Serve:

- ¼ cup honeydew melon, in chunks
- 1 tsp. lemon juice
- 2 oz. dry gin
- 1 slice fresh lemon (optional)
- 1 tbsp. grenadine
- 1 fresh sweet cherry

Place the ice cubes in the processor Bowl. Pulse until completely smooth. Divide the powdered ice evenly among four cocktail glasses. Place the orange juice, pineapple juice, and champagne in the Processor Bowl and pulse until blended. Pour equally into 4 cocktail glasses. Drizzle 1 tablespoon of grenadine over the top of each cocktail and top with a cherry.



Smoked Salmon Spread

Ingredients:

- 8 oz. low fat cream cheese, at room temperature.
- ¼ cup low fat sour cream
- ¼ cup low fat Greek yogurt
- 1 tbsp. fresh lemon juice
- 2 tsp. fresh dill, plus more for garnish
- 2 tsp. chives (or green onions), plus more for garnish
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 4 oz. smoked salmon, roughly chopped thinly sliced rye bread rounds

Place the cream cheese, sour cream, yogurt, lemon juice, dill, chives, salt, pepper, and half of the smoked salmon in the Processor Bowl. Pulse until smooth. Place the spread in a serving dish and mix in the remaining salmon. Garnish with dill and chives, if desired. Serve right away with rye bread rounds or chill until serving. Serves 8.

Fire-Roasted Tomato Salsa with Tortilla Chips

Ingredients:

- 14.5 oz. can fire-roasted tomatoes, with juice
- ½ small red onion, peeled, roughly cut
- 4 cloves garlic, peeled
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. ground cumin
- ¼ cup cilantro leaves
- 2 tbsp. fresh lime juice
- 6 oz. baked tortilla chips

Place all ingredients in the Processor Bowl and pulse until fairly smooth. Taste and adjust seasonings, if desired. Serve right away with chips or refrigerate for up to 2 days. Makes about 1½ cups.

Greek Chicken w/ Feta & Olive

Ingredients:

- ¾ cup Greek feta cheese, crumbled
- 10 oz. pkg. frozen spinach, thawed and squeezed dry
- 8 kalamata olives, pitted
- 1 tbsp. extra virgin olive oil
- 1 tbsp. fresh lemon juice
- 4 boneless, skinless chicken breasts, pounded thin & seasoned with salt and pepper

Preheat oven to 400°F degrees. Place the feta, spinach, olives, olive oil, and lemon juice in the Processor Bowl. Pulse until the ingredients are mixed together and coarsely chopped. Set aside. Make a horizontal slit in each chicken breast. Pack the stuffing into each breast, dividing the filling evenly. Use cooking string or a toothpick to secure the pocket. Lightly coat a rimmed baking sheet with non-stick oil spray and placing the breasts on the sheet. Bake for 8 minutes. Turn the chicken over and bake for another 8 minutes or until cooked through and no pink remains. Remove string or toothpicks before serving. Serves 4.

Grilled Red Snapper w/ Romesco Sauce

Ingredients:

- 4 8 oz. red snapper fillets, seasoned with salt & pepper & brushed w/olive oil
- ¼ cup extra virgin olive oil
- 1 slice crusty bread, torn and toasted
- ½ cup blanched, peeled almonds, toasted
- 5 cloves garlic, peeled
- 15 oz. can whole tomatoes with juice
- 4 oz. jar roasted red bell peppers, drained
- 1 tbsp. ground smoked paprika
- 2 tbsp. red wine vinegar

Preheat oven to 350°F. Cover a rimmed baking sheet with foil. Set aside. Place the olive oil, torn bread pieces, almonds, garlic, tomatoes, bell peppers, paprika, and vinegar in to the Processor Bowl. Pulse for 20 seconds until smooth. Spread the mixture over a baking sheet and bake for 15 minutes. Remove from heat and let cool. Grill the snapper over medium high heat, 4-5 minutes a side. Remove from grill. Serve with the romesco sauce drizzled on top. Serves 4.

Very Berry Ice Cream

Ingredients:

- 1 ½ cup Frozen mixed berries
- 1 cup heavy cream or milk or low fat milk
- ½ cup sugar or Splenda
- 1 tsp vanilla

Place the cream, frozen berries, suger and vanilla into the Processor Bowl using the blade attachment. Pulse continuously for 30 seconds or until all ingredients are well blended and forms ice crystals. Serve as is or place in a freezer for an hour to create to very thick consistency.

Baja Halibut Fish Tacos

Ingredients:

- ½ cup fresh cilantro
- 1 lime, juiced
- 1 tbsp. raw, unfiltered honey
- ½ cup low fat mayonnaise
- ¼ red cabbage, thinly sliced
- kosher salt and black pepper
- 3 tbsp. canola oil
- 12 fresh corn tortillas
- 1 lb. halibut fillets, cut into bite-sized pieces
- 1 avocado, chopped
- ½ cup fresh salsa

Place the cilantro, lime juice, honey and mayonnaise in the Processor Bowl and pulse until smooth. Place the cabbage in a large mixing bowl and spoon the dressing over, tossing lightly to mix. Season with the salt and pepper to taste. In a large sauté pan, heat the oil until shimmering. Using tongs, quickly dip the tortillas into the oil just until the tortilla is softened. Drain the tortillas on paper towels.

Queensland Banana Bread

Ingredients:

¼ cup butter
1 egg
¾ cup sugar
2 bananas, peeled and cut in half
3 tbsp. milk
½ tsp. baking soda
½ tsp. baking powder
2 cups all-purpose flour
½ cup macadamia nuts, chopped

Preheat the oven to 350°F. Fit the dough paddle into the Processor Bowl. Place the butter, egg, sugar, bananas and milk inside and pulse until combined. Add the powder, soda, flour and macadamias and pulse again briefly. Lightly coat a loaf pan with cooking spray and spoon the bread into the pan. Bake for 30 to 40 minutes, or until a toothpick comes out clean in the middle. Makes 1 loaf.

Orange Ginger Muffins

Ingredients:

1 seedless orange, cut in wedges
¼ cup orange juice
½ cup dates, chopped
1 egg
½ cup butter
½ cup raw unfiltered honey
¾ cup whole wheat flour
1 tsp. ground ginger
1 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda

Preheat oven to 400°F degrees. Place the orange wedges in the Processor Bowl. Pulse until completely smooth. Add the orange juice, dates, egg, butter and honey. Pulse again to mix. In a mixing bowl, whisk together the dry ingredients. Pour the blender mixture into the dry ingredients and mix until just moistened. Pour into prepared muffin tins. Bake for 18- 20 minutes. Makes 12 muffins.

Blueberry Lemon Muffins

Ingredients:

1 cup whole wheat flour
1 ⅔ cup unbleached all-purpose flour
1 tbsp. baking soda
½ cup raw, unfiltered honey
2 eggs
¾ cup whole milk
¾ cup melted butter
1½ cups fresh blueberries
3 tsp. lemon zest

Preheat oven to 400°F. Fit the cookie paddle into the Processor Bowl. Place the honey, eggs, milk, and melted butter in the Processor Bowl and pulse until smooth. Pour the liquid mixture into the dry ingredients and mix until just moistened. Fold in the blueberries and lemon zest just until mixed. Pour into prepared muffin tins. Bake for 18-20 minutes. Makes 12 muffins.

Honey Crepes

Ingredients:

2 large eggs
¾ cup milk
½ cup water
1 cup unbleached, all-purpose flour
3 tbsp. melted butter
1 tsp. vanilla extract
1 tbsp. honey (for drizzling powdered sugar)

Place the dough blade in the Processor Bowl. Place the eggs, milk, water, flour, butter, vanilla, and 1 tablespoon honey in the Processor Bowl and pulse until smooth. In a nonstick sauté pan, heat a little oil over medium-high heat. Pour a small amount of batter into the pan and swirl around evenly to form a thin circle. Cook for 30 seconds. Flip and cook for an additional 10 seconds. Remove from the pan and keep warm on a plate. Continue with the remaining batter, stacking the crepes between layers of parchment paper. To serve, roll the crepes to form cigar shapes, place on a serving platter, and drizzle with honey. Sift with powdered sugar just before serving. Makes about 8 crepes.

Italian Breadsticks

Ingredients:

1 Whole Wheat Pizza Dough (see p. 9)
1 tsp. dried oregano
1 tsp. dried rosemary
¼ cup grated Parmesan cheese
2 tbsp. extra virgin olive oil

Preheat the oven to 375°F. Roll the dough into a 6 x 8-inch rectangle. Cut the dough into ¾-inch strips. Twist each strip and place on a greased baking sheet. Cover and let rise in a dark, warm place for 30 minutes. Sprinkle with the oregano, rosemary, and cheese. Brush with the olive oil and bake for 12 to 15 minutes until golden brown. Makes 10 to 12 breadsticks.

Margherita Flatbread

Ingredients:

1 Whole Wheat Pizza Dough (see p. 9)
3 tbsp. tomato sauce
1 medium beefsteak tomato, thinly sliced
4 oz. fresh mozzarella ball, thinly sliced
10 fresh basil leaves, divided
extra virgin olive oil

Preheat the oven to 450°F. Roll out the pizza dough to form an oblong shape. It should be very thin. Place the pizza dough on a baking sheet sprinkled with cornmeal. Brush with the tomato sauce. Top with the tomato slices, mozzarella slices, and half of the basil leaves. Place in the preheated oven and bake for 10 to 15 minutes, until the cheese has melted and the crust is golden brown. (For a crisper crust, transfer the flatbread to a pizza stone after topping.) Top with the remaining basil leaves and a drizzle of olive oil before serving. Serves 4.

Blueberry Power Blast Breakfast

Ingredients:

- ¾ cup water
- 1 scoop or ¼ cup whey protein powder
- ¾ cup frozen blueberries
- 1 tablespoon flax seeds (optional)

Add all ingredients to the Single Serve, starting with the water. Pulse about 7 times to pulverize frozen fruit and then hold to blend thoroughly.

Pineapple Ginger Mint Refresher

Ingredients:

- 2-3 cubes ice
- 1 ¼ cups pineapple chunks
- 1 thin slice fresh ginger
- 3-4 mint leaves

Add all ingredients starting with the ice to the Single Serve. Pulse and then hold to blend thoroughly.

Banana, Kale and Grape Juice

Ingredients:

- 2-3 cubes ice
- ½ banana broken in 4 pieces
- 10 green seedless grapes
- 1 large leaf kale torn into 6 pieces or ¼ cup spinach
- ½ cup water

Add all ingredients starting with the ice to the Single Serve. Pulse and then hold to blend thoroughly.

Emerald Green Elixir

Ingredients:

- ½ cup white grape juice
- ½ small banana, peeled
- ½ cup baby spinach leaves
- 1 kiwi, peeled
- 2 tsp. raw, unfiltered honey
- 5 to 6 ice cubes

Place all ingredients in the Single Serve Cup and pulse until smooth. Serve right away.

Dandy Green Machine

Ingredients:

- ½ cup apple juice
- ½ cup Swiss chard, rinsed, roughly torn
- ½ small banana
- 2 tbsp. goji berries
- 6 to 8 ice cubes

Place the ingredients in the Single Serve cup and pulse until smooth. Serve right away.

Garden Veggies in a Glass

















Ingredients:

- ½ cup apple juice
- ½ small ripe tomato, peeled, cut in half
- ½ inner stalk celery, with leaves
- 1 tbsp. fresh flat-leaf parsley
- ½ green onion, cut in half
- ¼ tsp. salt
- ¼ tsp. ground black pepper

Place all ingredients in the Single Serve cup and pulse until smooth. Strain before serving, if desired.



Suggested Uses

FUNCTION	CONTAINER	ATTACHMENT	TYPE OF FOOD
Mincing			Onion Garlic Herbs
Kneading*			Bread Dough Pizza Dough
Dough Mixing*			Cookie Dough Dessert Bars Biscuits Scones Batters
Blending			Smoothies Milkshakes Frozen Drinks Dips Spreads
Grating			Cheese Bread Crumbs
Chopping			Salsa Vegetables Egg Salad
Ice Crushing			Ice Slushies Snow Cones
Complete Juicing			Fruit & Vegetable Drinks



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