

使用設備前，請務必閱讀隨附的 Ninja™ 使用者指南。



NINJA DETECT™ KITCHEN SYSTEM

強效攪拌 + 處理機 PRO

搭載
BlendSense™ 技術

10+ 快捷簡易食譜



輕鬆攪拌，快樂烹飪

歡迎閱覽 Ninja Detect™ 強效廚房系統 Pro 靈感指南。透過接下來的數頁內容，您將掌握各種食譜、提示、技巧和實用秘訣，不論是要製作冰沙、飲料，還是羹湯、抹醬、主菜，都能從容應對。讓我們開始歡樂攪拌吧！



如需瞭解有關使用攪拌機的實用提示和技巧，請掃描上方的 QR 碼。

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使用說明

控制面板

注意：按下旋鈕以 START (開始) 或 STOP (停止) 任何程式。旋轉旋鈕以選擇程式。



電源

按下以啟動或關閉設備。

手動

可調整速度，讓您完全掌控攪拌。

BLENDSENSE™

鍵式智慧程式，能感測食材並攪拌出完美成品。

模式 (僅限搭配調理壺和處理碗)

預設處理程式 DISC (切片/切絲)、MINCE (剁碎)、SMALL CHOP (小塊切碎) 與 LARGE CHOP (大塊切碎)，可用於切碎、剁碎、切片和切絲等操作。

瞬轉

只有在按下瞬轉時才會運行瞬轉。
短按則間歇時間較短，長按則間歇時間較長。



BlendSense™ 技術

這款攪拌機 可自動調節 速度和時間

製作出完美順滑的成品



運作原理

透過識別新鮮或冷凍食材及食譜份量，自動調節時間、速度與功率，從而製作出完美成品。



加入液體提醒*

在攪拌過程中，若需要額外添加液體以順利完成食譜，系統將發出提醒，確保每次都能製作出順滑細緻的飲品。當旋鈕上顯示“ADD LIQUID” (加入液體) 時，請按 START/STOP (開始/停止) 並將攪拌杯從底座取下。額外加入 1/2 至 1 杯液體。重新安裝杯子，然後按下 START/STOP (開始/停止) 以重新運行攪拌感測程式。

*此功能僅限搭配隨行杯使用。

極致順滑效果

蔬果汁



冰沙



完美濃稠效果

冰沙碗

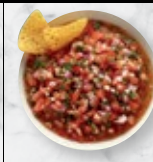


堅果醬



切碎與處理效果

莎莎醬



青醬



混合、切片與刨絲效果

披薩麵團



涼拌高麗菜



BlendSense™ 技術

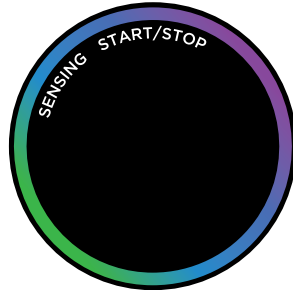
智慧攪拌感測程式顛覆傳統攪拌方式，能夠感測食材並攪拌至完美效果。攪拌感測程式將預設啟用。按下  按鈕，再按 START/STOP (開始/停止)。程式開始運行後，會在攪拌完成時自動停止。若要在程式結束前停止攪拌，請再次按下旋鈕。

只需按下旋鈕即可啟動攪拌感測程式。

1

感測

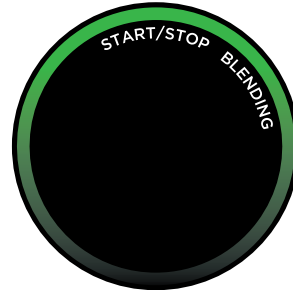
開始攪拌以感測食材。



2

攪拌

程式會自動選擇攪拌速度、時間及攪拌間歇次數。



3

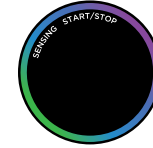
享用

無論份量大小，攪拌都能達到完美效果。



攪拌感測技術最適合製作如冰沙、冷飲、冰沙碗、沾醬、泥狀物、麵團與醬汁等順滑混合成品。

初始攪拌



SENSING (感測)

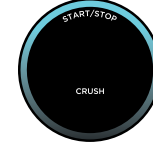
在前 15 秒內，根據食材和食譜總量自動調整速度和時間。

攪拌模式



BLENDING (攪拌)

持續攪拌不間斷。



CRUSH (壓碎) 與 MAX-CRUSH (最大功率壓碎)

能夠偵測較硬或冷凍的食材，並根據需要調整間歇模式，攪拌出順滑的成品。



THICK MODE (濃稠模式)

製作可用湯匙舀取的濃稠成品。



DOUGH (麵團)

可處理各類麵團與麵糊，包括餡餅、披薩和餅乾麵團。使用麵團刀片組件。

注意：選擇攪拌模式後，螢幕會以秒數開始倒數運行時間。總運行時間從幾秒到將近兩分鐘不等。

錯誤偵測



INSTALL (安裝)

亮起則表示未安裝容器或容器安裝不正確。重新安裝容器即可解決此問題。



ADD LIQUID Δ (加入液體)

若在使用隨行杯時於攪拌過程中亮起，則表示食譜需要更多液體。當旋鈕上顯示“ADD LIQUID Δ” (加入液體) 時，請按 START/STOP (開始/停止) 並將攪拌杯從底座取下。額外加入 1/2 至 1 杯液體。重新安裝杯子，然後按下 START/STOP (開始/停止) 以重新運行攪拌感測程式。

處理 模式 程式



DISC (切片/切絲)：僅限於處理碗

LARGE CHOP (大塊切碎) 、SMALL CHOP (小塊切碎) 及 MINCE (剁碎)：僅限於調理壺與處理碗

智慧預設程式結合獨特的間歇模式，自動完成食材處理。按下模式，轉動旋鈕選擇所需程式，然後按 START/STOP (開始/停止) 以啟動。程式會在完成後自動停止。如需提前停止程式，再次按下旋鈕即可。這些程式無法與攪拌感測程式或手動程式同時使用。

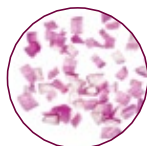
注意：螢幕將顯示程式運行的秒數。



LARGE CHOP (大塊切碎)：
切成適口大小的塊狀。



SMALL CHOP (小塊切碎)：
切成中等粒狀。



MINCE (剁碎)：
切成碎末。



DISC (切片/切絲)：
將食材切成薄片或細絲。
注意：搭配雙面切片/切絲盤使用。



手動 程式



切換至手動模式，可全面掌控攪拌速度與成品質地。
按下手動，轉動旋鈕選擇所需程式，然後按 START/STOP (開始/停止) 以啟動。選擇後，設備會在每個速度下持續運行 60 秒。如需提前停止程式，再次按下旋鈕即可。

可變速度控制 (速度 1-10)：僅限調理壺。

慢速啟動 (速度 1-3)：

請務必從低速開始，這樣可以更均勻地融合食材，防止食材黏在容器壁上。

轉動旋鈕提升速度 (速度 4-7)：

較絲滑的攪拌需要較高的速度。低速適合切碎蔬菜，製作果泥或醬汁則需要提高速度。

高速攪拌 (速度 8-10)：

持續攪拌直至達到所需的質地。
攪拌的時間越長，食材分解得越徹底，成品也會越順滑。

低、中、高速度：

僅限搭配隨行杯和處理碗。

注意：選擇速度後，螢幕會以秒數開始累計運行時間。



攪拌 基礎教學

使用 2.1 公升調理壺的最佳做法指引		
食材	1-2 份	3-4 份
液體與優格	1-2 杯	2 1/2-1 2/3 杯
新鮮和/或冷凍水果	2 1/2-3 1/2 杯	3 1/2-4 1/2 杯

順利攪拌的小秘訣。

請勿處理或研磨乾性食材。

為獲得最佳效果，請使用隨行杯來攪拌新鮮的葉菜類蔬菜和香草。

裝填調理壺時，請勿超過 **MAX LIQUID**（最高水位）（1.8 公升）線。

使用時請勿往調理壺放入過量食材。為達到最佳且最順滑的效果，請依照下方順序放入食材。

頂部加入冰塊或冷凍食材。



5

然後加入 2-4 大匙乾燥或黏稠的食材，如種子、粉末或堅果醬（可選）。



4

下一步，加入最多 1 杯葉菜類蔬菜和香草（可選）。



3

加入所需數量的新鮮水果和蔬菜（為達到最佳效果，請切成 2.5 公分塊狀）。



2

首先倒入液體或優格。

如果想要較稀的效果或像果汁一樣的飲料，可加入更多的液體。



1



食材準備 基礎教學

簡化切碎過程的小秘訣。



準備蔬菜

- 切掉食材的兩端，並去除外皮。
- 將胡蘿蔔、黃瓜、芹菜和櫛瓜等材料切成 5 公分塊狀，西蘭花或花椰菜切成 2.5 公分小朵。將洋蔥等食材切成四份。



準備肉類

- 剪去多餘的脂肪和結締組織。將肉切成 5 公分的方塊。



警告：三層立體刀片組件鬆脫、鋒利，並非完全固定。倒出食物前，請先小心取出三層立體刀片組件。若未遵循此操作，可能造成割傷風險。請參閱 Ninja™ 使用者指南，瞭解詳情。

注意：調理壺和調理碗皆可用於切碎食材。

冰沙碗 入門

自己享用、與人分享，或招待眾人

	食材	1 份	2 份	4 份
	奶類	1 杯	2 杯	4 杯
	冷凍水果	2 杯	4 杯	8 杯



1. 加入牛奶

將三層立體刀片組件安裝在調理壺後，加入牛奶或牛奶替代品，如豆奶、椰奶、杏仁奶或燕麥奶。

務必先執行這一步。



2. 加入冷凍水果

直接加入從冰箱取出的冷凍水果，和/或巴西莓或火龍果泥包。

將較大的水果(如香蕉)切成四等分。
若使用巴西莓或火龍果泥包，稍微解凍後再切成四等分。



3. 加料(可選)

可加入 2-4 勺優格、風味粉、蛋白粉和/或堅果醬，來提升基底風味。



4. 攪拌

安裝好上蓋，然後將攪拌壺安裝在馬達底座上。
使用旋鈕選擇攪拌感測，然後按下 START/STOP (開始/停止)。



堅果醬 入門

1. 加入烘烤堅果

將 3 杯烘烤過的堅果(如杏仁、花生、核桃、腰果和/或胡桃)放入 2.1 公升調理壺中。

2. 加入油

加入 1/4 杯油，可使用芥花油、椰子油(融化後)、植物油或花生油。

3. 加料(可選)

為增添堅果醬風味，可加入以下配料(最多每種 2 大匙)：



種籽

奇亞籽、南瓜籽、葵花籽或亞麻籽



香料

肉桂、荳蔻、鹽、可可粉或香草精



甜味劑

蜂蜜、楓糖漿或龍舌蘭蜜



強效調理碗

程式

強效調理碗使用提示與技巧

不同刀片組件和刀盤的建議程式			
刀片組件或刀盤	攪拌感測程式	建議使用處理模式程式	建議使用手動程式
切碎刀片組件 	是	Mince (剝碎)、 Small Chop (小塊切碎)、 Large Chop (大塊切碎)	Low (低)、 Medium (中)、 High (高)， 或瞬轉
麵團刀片組件 	是	不適用	Low (低) 或瞬轉
雙面切片/切絲盤 	否	DISC (切片/切絲)	Low (低)



切片與切絲

基礎教學

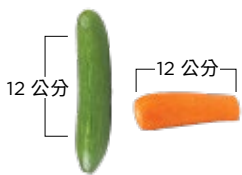


雙面切片/切絲盤

雙面切片/切絲盤非常適合做出小黃瓜薄片、胡蘿蔔絲等食材。將標有“slicer”（切片刀盤）的一面朝上可用來切片，將標有“shredder”（切絲刀盤）的一面朝上可用來切絲。



警告：請確保起司充分冷卻後再切片、切絲或磨碎。**請勿**切片、切絲或磨碎冷凍的起司。



食材準備技巧

將食材修整成長度約 10 公分至 12 公分，或略長於進料口高度的大小。

請勿將食材切成短於進料口高度的大小。



將食材兩端切平，並修整像胡蘿蔔這類一端細尖的食材，使其更為對稱。



體積較大的食材，如馬鈴薯，可能需要縱向對切。

使用推桿

使用食材推桿協助將食材推入進料口。

注意：安裝刀盤前，先安裝刀盤中心軸。

使用攪拌感測 製作麵團

製作各種麵團與麵糊的裝料技巧。



披薩、蝴蝶餅、貝果與麵包麵團

- 1 先加入液體（如水）、酵母和油。然後加入乾性食材。選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 2 取出麵團，並在必要時進行揉捏以混合均勻。



餅乾、餡餅皮與司康麵團

此設備一次最多可製作 8 個餅乾或司康，或一個 30 公分圓形餡餅皮。

- 1 先加入乾性食材，以及切成小塊的冷奶油或豬油。按下瞬轉直到食材混合均勻（奶油或豬油應該切成豌豆大小的顆粒）。
- 2 透過上蓋加入冷液體（如冷牛奶或水），然後選擇攪拌感測，按下 START/STOP（開始/停止）。如果需要更充分混合，請以低速運轉直到完全混合均勻。
- 3 取出麵團，並在必要時進行揉捏以混合均勻。



餅乾、蛋糕、布朗尼、瑪芬與快速麵包

- 1 加入糖、切成方塊的軟化黃油、雞蛋和液體（如香草精）。按下瞬轉直到混合均勻。
- 2 加入所有乾性材料並啟動攪拌感測程式。選擇攪拌感測，然後按下 START/STOP（開始/停止）。如果需要更充分混合，請以低速運轉直到完全混合均勻。
- 3 加入混合食材（如巧克力片、葡萄乾和堅果）。按下瞬轉直到混合均勻。

麵團太乾？

每次加入 1 大匙室溫水並按下瞬轉。繼續加水，直到麵團形成球狀。

麵團太濕？

每次加入 1 大匙麵粉並按下瞬轉。繼續加入麵粉，直到麵團從調理壺的側邊脫落並形成球狀。

注意：請勿對較硬的麵團運行攪拌感測程式超過三次。

如何 使用 強效調理碗

刀片組件



1 將強效調理碗嵌入馬達底座並順時針轉動，直至聽見咔嚓聲並固定到位。



2 小心操作，握住切碎刀片組件的中心軸頂部，然後將其放置於處理碗內部的驅動齒輪上。請注意，刀片組件會鬆脫地套在驅動齒輪上。



3. 將進料口上蓋放在攪拌碗上，順時針轉動直到聽到咔嚓聲。

注意：按照相同的說明安裝麵團刀片組件

切碎並享用

1 蓋子鎖定後，按下電源按鈕以啟動設備。啟動設備後，攪拌感測程式將預設啟用。按下旋鈕以啟動程式。



2 如要使用手動模式或處理模式程式，請按旋鈕上方相應的按鈕。使用旋鈕選擇想要的速度 (Low (低)、Medium (中)、或 High (高)) 或處理模式程式，然後按下旋鈕開始攪拌。若要隨時停止程式，再次按下旋鈕即可。

注意：使用切碎刀片組件時，建議選擇 *MINCE* (剉碎)、*SMALL CHOP* (小塊切碎) 或 *LARGE CHOP* (大塊切碎) 模式。使用麵團刀片組件時，不建議同時使用處理模式程式。使用麵團刀片組件時，僅限選擇 *LOW* (低) 速。

3 完成後，按下蓋子上靠近提把的按鈕來解鎖，然後逆時針旋轉，將蓋子從碗上提起。倒出碗內的食材前，請務必先取出切碎刀片組件。要取出切碎刀片組件，請小心握住中心軸頂部，將其從碗中提起。



使用麵團刀片組件代替切碎刀片組件，搭配攪拌感測程式製作餅乾、披薩和麵包麵團。

刀盤組裝



1 將刀盤主軸放到調理壺內的驅動齒輪上。接著，握住塑膠握把拿起刀盤，將其裝到中心軸上。

切片/切絲盤為雙面可用設計。請使用標示為 *Slicer* (切片刀盤) 的一面進行切片。小心地將刀盤翻轉至標示為 *Shredder* (切絲刀盤) 的一面以進行切絲。



2 將進料口上蓋放在碗上，然後順時針轉動，直至聽聽見咔嚓聲，表示蓋子已固定到位。

切片或切絲並享用



3 如果使用處理模式程式，請選擇模式，然後使用旋鈕選擇 *DISC* (切片/切絲) 如果使用手動程式，請選擇手動，然後使用旋鈕選擇想要的速度 (推薦 *LOW* (低) 速)。按下旋鈕以啟動。

注意：不建議在使用雙面切片/切絲盤時同時使用程式。

4 將備好的食材放入蓋子上的進料口，準備切片、切絲或磨碎。使用推桿協助將食材推入進料口。

5 要取下上蓋，先按下進料口蓋上的按鈕，然後逆時針旋轉蓋子。將蓋子從碗上提起。小心地將刀盤從處理碗中取出。然後，握住中心軸提起以取出。



警告：切碎刀片組件鬆脫、鋒利，並非完全固定。倒出食物前，請先小心取下刀片組件。若未遵循此操作，可能造成割傷風險。請參閱 *Ninja* 使用者指南，瞭解詳情。

裝填食材

使用隨行杯的最佳做法指引

食材	1 份	2 份
液體與優格	$\frac{3}{4}$ -1 杯	1-1 $\frac{1}{2}$ 杯
新鮮和/或冷凍水果	1-1 $\frac{1}{2}$ 杯	2-3 杯

請勿攪拌高溫、起泡或碳酸液體或食材，否則可能導致壓力升高，進而造成割傷或燙傷的風險。

請勿處理或研磨乾性食材。

裝填隨行杯時，請勿超過 **MAX LIQUID** (最高水位) 線。

使用時請勿往杯裡放入過量食材。若在將 Hybrid Edge 刀片組件裝到杯子時感覺到阻力，請移除一些食材。

5



頂部加入冰塊或冷凍食材。

4



然後加入 2-4 大匙乾燥或黏稠的食材，如種子、粉末或堅果醬（可選）。

3



下一步，加入最多 1 杯葉菜類蔬菜和香草（可選）。

2



加入所需數量的新鮮水果和蔬菜（為達到最佳效果，請切成 2.5 公分大小）。

1



首先倒入液體或優格。如果想要較稀的效果或像果汁一樣的飲料，可視需要加入更多的液體。

準備提示：為達最佳效果，請將食材切成 2.5 公分大小。最後才將冷凍食材放入容器中。

如何使用 隨行杯

組件



1 將所需的食材放入隨行杯中。

2 順時針擰緊 Hybrid Edge 刀片組件，直到完全密封。



3 將杯子翻轉過來，放置在底座上。



4 順時針旋轉杯子以將其固定到位。

ADD LIQUID (加入液體) 提醒



在運行攪拌感測程式期間，如果設備偵測到需要更多液體，旋鈕會顯示“**ADD LIQUID**” (加入液體)。按下 START/STOP (開始/停止)，將杯子從底座取下，然後額外加入 $\frac{1}{2}$ 至 1 杯液體。重新將杯子安裝回底座後，再按下 START/STOP (開始/停止) 以重新運行攪拌感測程式。

攪拌並享用

1 啟動設備後，攪拌感測程式將預設啟用。按下旋鈕以啟動程式。

如需使用手動程式，請按下手動。使用旋鈕選擇想要的速度 (Low (低)、Medium (中)，或 High (高))，然後按下旋鈕開始攪拌。

注意：處理模式程式僅限搭配處理碗使用。

2 攪拌完成後，逆時針旋轉隨行杯，然後上提，即可取下調理壺。



3 逆時針旋轉刀片組件，即可取下。

4 **要隨身攜帶嗎？**
將壺嘴蓋放在杯子上方，順時針旋轉以密封。



警告：Hybrid Edge 刀片組件很鋒利，請小心處理。



攪拌感測技術

藍莓能量冰沙

準備時間：5 分鐘

容器：700 毫升隨行杯

份量：1 份

食材

- $\frac{3}{4}$ 杯燕麥奶
- $\frac{1}{2}$ 杯原味希臘優格
- $\frac{1}{2}$ 顆青蘋果，去核，切成四塊
- 1 杯嬰兒菠菜
- 1 大匙蜂蜜
- 1 杯冷凍藍莓
- 1 杯冰塊

步驟

- 1 將所有食材放入隨行杯中，順序如上所列，然後安裝刀片組件。
- 2 選擇攪拌感測，然後按下 START/STOP (開始/停止)。
- 3 攪拌後，將刀片從杯中取出。

攪拌感測技術

巧克力花生醬香蕉冰沙

準備時間：5 分鐘

容器：700 毫升隨行杯

份量：1 份

食材

- $\frac{3}{4}$ 杯全脂牛奶
- 1 根新鮮香蕉，去皮，對半切開
- $\frac{1}{4}$ 杯花生醬
- $\frac{1}{2}$ 大匙可可粉
- 1 杯冰塊

步驟

- 1 將所有食材放入隨行杯中，順序如上所列，然後安裝刀片組件。
- 2 選擇攪拌感測，然後按下 START/STOP (開始/停止)。
- 3 攪拌後，將刀片從杯中取出。





攪拌感測技術

熱帶風情冰沙

準備時間：5 分鐘
容器：2.1 公升調理壺
份量：2-3 份

食材

2 ½ 杯椰奶
½ 杯鳳梨汁
2-3 大匙萊姆汁
1 根去皮香蕉
2 杯冷凍芒果塊
2 杯冷凍鳳梨塊

步驟

- 1 將三層立體刀片安裝至 2.1 公升調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 3 攪拌完成後打開壺嘴，將飲品倒入杯中即可享用。

攪拌感測技術

經典草莓香蕉冰沙

準備時間：5 分鐘
容器：2.1 公升調理壺
份量：4-6 份

食材

2 ¾ 杯奶類
2 杯冷凍整顆草莓
2 杯冷凍香蕉片或 1 根新鮮香蕉
1 杯希臘優格
1 大匙蜂蜜
1 小匙香草精

步驟

- 1 將三層立體刀片安裝至 2.1 公升調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 3 攪拌完成後，取下上蓋和三層立體刀片，將飲品倒入杯中即可享用。

提示 如需更甜的口味，可將建議的蜂蜜用量加倍。



2.1 公升
調理壺



攪拌感測技術

冰凍桑格利亞

準備時間：5 分鐘
容器：2.1 公升調理壺
份量：3-4 份

食材

- 2 杯乾紅酒
- $\frac{1}{3}$ 杯香橙酒
- 1 大匙萊姆汁
- 2 顆臍橙，去皮，對半切開
- 1 大匙龍舌蘭糖漿
- 3 杯冷凍綜合莓果
- 2 $\frac{1}{2}$ 杯冰塊

提示 如果桑格利亞太濃稠無法從壺嘴倒出，請取下蓋子和三層立體刀片，然後分裝到杯子中享用。

步驟

- 1 將三層立體刀片安裝至 2.1 公升 調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 3 攪拌完成後打開壺嘴，將飲品倒入杯中即可享用。

攪拌感測技術

椰子火龍果冰沙碗

準備時間：5 分鐘
容器：2.1 公升調理壺
份量：2-4 份

食材

- 1 $\frac{3}{4}$ 杯椰奶
- 1 大匙蜂蜜
- 2 杯冷凍鳳梨塊
- 1 杯冷凍巴西莓塊
- 200 公克冷凍火龍果
- 1 大匙冷凍或新鮮薑片

鋪料 (可選)：

- 甜椰絲
- 新鮮莓果
- 新鮮芒果
- 酥脆燕麥片
- 杏仁片
- 迷你黑巧克力豆

步驟

- 1 將三層立體刀片安裝至 2.1 公升調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 3 攪拌完成後，取下蓋子和三層立體刀片，將內容物分裝到碗中，並依喜好裝飾。

提示 如果冰沙太濃稠無法從壺嘴倒出，請取下蓋子和三層立體刀片，然後分裝到杯子中享用。

2.1 公升
調理壺





攪拌感測技術

覆盆子檸檬萊姆果汁*

準備時間：5 分鐘
容器：700 毫升隨行杯
份量：1 份

食材

- 1 1/4 杯調製好的檸檬水
- 1 大匙新鮮萊姆汁
- 1 大匙蜂蜜
- 1 杯冰塊
- 1 1/2 杯冷凍覆盆子

步驟

- 1 將所有食材放入隨行杯中，順序如上所列，然後安裝刀片組件。
- 2 選擇攪拌感測'，然後按下 START/STOP (開始/停止)。
- 3 攪拌後，將刀片從杯中取出。

*蔬果汁含有水果和蔬菜所提供的維他命及營養成分之飲品。

MINCE (剉碎)

顆粒狀莎莎醬

準備時間：5 分鐘
容器：2.1 公升調理壺
份量：8-10 份

食材

- 3 顆羅馬番茄，去蒂，對半切開
- 1/4 杯香菜，去梗
- 1/2 顆黃甜椒，去籽、切成四塊
- 1/2 顆墨西哥辣椒，去籽，去頭尾
- 1/2 顆紅洋蔥，去皮，對半切開，去頭尾
- 1 罐 (800 公克) 整顆去皮番茄，瀝乾
- 3 瓣大蒜，去皮
- 1 大匙萊姆汁
- 1 1/2 小匙孜然粉
- 1 1/2 大匙猶太鹽
- 適量黑胡椒粉

步驟

- 1 將三層立體刀片安裝至 2.1 公升調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇模式、MINCE (剉碎)，然後按下 START/STOP (開始/停止)。程式完成後，再按下 MINCE (剉碎) 與 START/STOP (開始/停止)。
- 3 攪拌完成後，取下上蓋和三層立體刀片。將莎莎醬倒入大碗中，搭配玉米片一起享用。

提示 如果你喜歡較順滑的莎莎醬，按下瞬轉直至達到理想的濃稠度。





手動模式

蒜香白豆醬

準備時間：5 分鐘

容器：2.1 公升調理壺

份量：2-4 份

食材

2 罐 (每罐 420 公克) 白腰豆，瀝乾並沖洗

2-3 瓣小蒜瓣，去皮

1/4 杯橄欖油

1/4 杯新鮮歐芹，去梗

3 大匙檸檬汁

1/4 小匙孜然粉

適量猶太鹽

適量黑胡椒粉

2.1 公升
調理壺



步驟

- 1 將三層立體刀片安裝至 2.1 公升調理壺中。依照上述順序將所有食材放入調理壺內，然後裝上蓋子。
- 2 選擇手動，將旋鈕調至速度 8，按下 START/STOP (開始/停止)，攪拌60秒。
- 3 攪拌完成後，取下蓋子和三層立體刀片，然後將醬料倒入碗中。搭配洋芋片、餅乾或蔬菜一起享用。

提示 若要更濃郁的蒜香味，可以加 3 瓣大蒜。



SMALL CHOP (小塊切碎)

火雞蔬菜肉丸

準備時間：40 分鐘

烹調時間：35 分鐘

容器：2.1 公升調理壺

份量：14-16 顆肉丸

食材

1/2 顆白洋蔥，去皮，切除根部，對半切開

170 公克蘑菇（可選用褐蘑菇或白蘑菇）

2 瓣大蒜，去皮

1 大匙乾牛至

1/4 杯新鮮歐芹，去梗

680 公克火雞肉碎

1 大匙美乃滋

1 顆大雞蛋

1/2 杯麵包粉

適量猶太鹽

適量黑胡椒粉

步驟

- 1 將烤箱預熱至 180°C (350°F)，並在兩個烤盤上鋪上烘焙紙。
- 2 將三層立體刀片安裝至 2.1 公升調理壺中。依序加入洋蔥、蘑菇、大蒜、牛至和歐芹，然後裝上蓋子。
- 3 選擇模式，SMALL CHOP (小塊切片)，然後按下 START/STOP (開始/停止)。程式完成後，再按下 SMALL CHOP (小塊切片) 與 START/STOP (開始/停止)。
- 4 攪拌完成後，將上蓋和三層立體刀片從調理壺上取下。將切碎的蔬菜倒入大碗中，加入火雞肉、美乃滋、雞蛋、麵包粉、鹽和黑胡椒。使用大湯匙或橡皮刮刀將所有材料拌勻。
- 5 將火雞混合肉醬分成 14 到 16 顆肉丸，放在已備好的烤盤上。
- 6 當烤箱預熱完成後，烘烤 35 分鐘，或直到即時讀取溫度計顯示肉丸內部溫度達到 73°C (165°F)。

提示 若要製作素食肉丸，可將火雞肉碎替換為 680 公克植物性肉碎。

2.1 公升
調理壺





攪拌感測技術，切片/切絲

椒鹽洋蔥口袋披薩

準備時間：25 分鐘
烹調時間：25 分鐘
容器：1.8 公升強效調理碗
份量：16 份

食材

麵團：

- 1 ¼ 杯溫水，43°–46°C (110°F–115°F)
- 1 ½ 小匙白砂糖
- 1 包 (21 公克) **或**
- 2 ¼ 小匙活性乾酵母
- ½ 杯橄欖油
- 4 杯中筋麵粉
- 1 小匙猶太鹽
- 不沾烹飪噴霧

餡料：

- 1 顆紅甜椒，去籽，切成四塊
- 1 ½ 顆白洋蔥，去皮，切除根部，對半切開
- 1 塊 (16 盎司) 低水分全脂莫札瑞拉起司，切成 2.5 公分條狀

醬料：

- 1 罐 (400 公克) 已調製好的披薩醬

蛋液：

- 1 顆蛋（打散）
- 1 大匙水

步驟

- 1 將麵團刀片安裝到強效調理碗中。將水、糖和酵母加入碗中，攪拌均勻。讓混合物靜置 5 分鐘，或直到泡沫形成。
- 2 將橄欖油、麵粉和鹽加入碗中。裝上蓋子，選擇攪拌感測，然後按下 START/STOP（開始/停止）開始程式。
- 3 程式完成後，取出麵團和麵團刀片。將處理碗擦乾淨。
- 4 將麵團放在乾淨的工作檯面上揉成光滑的球狀。接著，將大碗噴上不沾烹飪噴霧，將麵團放入碗中並用保鮮膜覆蓋。讓麵團發酵至體積增大一倍（大約 45 分鐘）。
- 5 將中心軸安裝到強效調理碗中，然後小心地將雙面切片/切絲盤安裝到中心軸上，標有“slicer”（切片刀盤）的一面朝上。裝上蓋子 將 2 片紅甜椒放入進料口，然後按下模式，選擇 DISC（切片/切絲），按下 START/STOP（開始/停止）。使用推桿將紅甜椒推入進料口。重複這個步驟處理剩餘的紅甜椒和洋蔥。處理完成後，取下蓋子和刀盤，將紅甜椒和洋蔥轉移到小碗中，放在一旁備用。
- 6 將碗和刀盤擦乾淨。將雙面切片/切絲盤（標有“shredder”（切絲刀盤）的一面朝上）重新安裝到中心軸上，然後裝上蓋子。
- 7 將莫札瑞拉起司條放入進料口。按下模式，選擇 DISC（切片/切絲），然後按 START/STOP（開始/停止）。使用推桿將起司推入進料口。重複這個步驟處理剩餘的起司 完成後，取下蓋子和刀盤，將起司放入小碗備用。
- 8 當麵團體積膨脹至兩倍大時，預熱烤箱至 220°C (425°F)。鋪好兩個烤盤，墊上烘焙紙備用。
- 9 在乾淨的工作檯面上撒上一層薄粉，將麵團對半切開。一次處理一半麵團，將其擀成約 30 公分 x 30 公分的正方形，再將麵團切成 8 個大小相等的小方塊。另一半麵團也以相同步驟處理。
- 10 在每一個小方塊的中央，加入 1 大匙醬料、2 大匙乾酪絲，以及 1 大匙洋蔥與紅甜椒。
- 11 將麵團對摺，包住餡料，使用餐叉將邊緣壓緊封口。將包好的口袋披薩放到已準備好的烤盤上。
- 12 將打散的蛋與水混合，然後刷在每個口袋披薩的表面。接著在每個口袋披薩上面劃 3 個小切口。
- 13 當烤箱預熱完成後，烘烤 20 分鐘，或直到表面呈金黃色。烤好後讓口袋披薩稍微冷卻至少 10 分鐘再享用。



攪拌感測技術

草莓水蜜桃果粒酥

準備時間：15 分鐘

烹調時間：40 分鐘

容器：1.8 公升強效調理碗

製作：8-10 份

食材

餡料：

3 杯新鮮草莓，去蒂並對半切開

2 杯新鮮或冷凍水蜜桃片

$\frac{3}{4}$ 杯細砂糖（另準備 1 大匙，分開備用）

3 大匙中筋麵粉

$\frac{1}{2}$ 大匙檸檬汁

餅皮：

2 杯中筋麵粉

1 大匙細砂糖

1 大匙泡打粉

$\frac{1}{4}$ 小匙猶太鹽

1 條（113 公克）無鹽冷奶油（切小塊）

$\frac{3}{4}$ 杯全脂牛奶（另準備 2 大匙，分開備用）

1.8 公升
處理碗



步驟

- 1 預熱烤箱至 180°C (350°F)。
- 2 將所有餡料放入中型碗中混合，保留 1 大匙糖備用。將餡料倒入 20 公分 x 20 公分的烤盤中，放在一旁備用。
- 3 將麵團刀片安裝在強效調理碗中。加入麵粉、糖、泡打粉和鹽，按下瞬轉三次混合均勻。
- 4 加入奶油，按下瞬轉攪拌至奶油與乾料混合。（奶油應該切成豌豆大小。）
- 5 加入 $\frac{3}{4}$ 杯牛奶，選擇攪拌感測，然後按下 START/STOP（開始/停止）。
- 6 將麵團放到撒了薄粉的工作檯面上，用手輕輕壓成約 3.8 公分厚。使用糕點刀或廚刀，將麵團分成 6 等分。
- 7 將麵團塊放在準備好的餡料上，表面刷上保留的 2 大匙牛奶，並撒上保留的 1 大匙糖。
- 8 烤箱預熱完成後，將食材放入烤 40 分鐘，或直到表面呈金黃色。取出後冷卻 10 分鐘再享用。

提示 若有需要，可將新鮮草莓替換成 3 杯冷凍草莓片。

NINJA DETECT™ KITCHEN SYSTEM

強效攪拌 + 處理機 PRO

搭載
BlendSense™ 技術

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BLENDSense、HYBRID EDGE、NINJA 和 NINJA DETECT 是 SharkNinja Operating LLC 的商標。

TB401TW_QSG_IG_10Recipe_TC_MP_Mv1

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



NINJA
DETECT™ KITCHEN SYSTEM
POWER BLENDER
+ PROCESSOR PRO

WITH
BlendSense™ TECHNOLOGY

10+ QUICK & EASY RECIPES



Blending made simple.

Welcome to the Ninja Detect™ Power Kitchen System 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 entrées. 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** (Jug and Processor Bowl only)
 Preset processing programs (Disc, Mince, Small Chop, and Large Chop) that chop, mince, slice, and shred.
- 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.



add liquid alert*

Alerts you when liquid is needed during blending to completely process your recipe, so you get a perfectly smooth drink every time. When "ADD LIQUID" displays on the dial, press START/STOP and remove the cup from the base. Add 1/2 to 1 cup of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.

*Only available when using the Single Serve Cup.

PERFECTLY SMOOTH

EXTRACTIONS



SMOOTHIES



PERFECTLY THICK

SMOOTHIE BOWLS



NUT BUTTERS



CHOPPED & PROCESSED

SALSA



PESTO



MIXED, SLICED & SHREDED

PIZZA DOUGH



COLESLAW



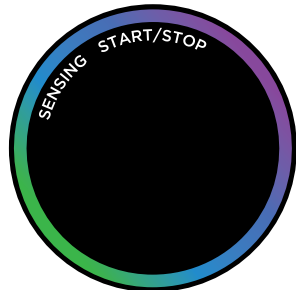
Intelligent BlendSense program that revolutionises traditional blending by sensing your ingredients and blending to perfection every time. The BlendSense program will be active by default. Press  button, then START/STOP. Once the program begins, it will automatically stop when blending is complete. To stop blending before the end of the program, press the dial again.

Simply press the dial to start the BlendSense program.

1

SENSE

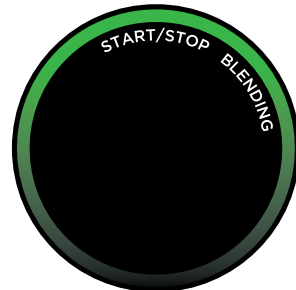
Starts blending to sense your ingredients.



2

BLEND

Automatically chooses the blending speed, time, and pulses.



3

ENJOY

Blends to perfection, no matter the portion size.

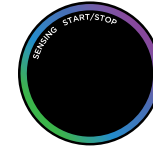


BlendSense is best used to achieve smooth blends such as smoothies, frozen drinks, smoothie bowls, dips, purees, doughs, and sauces.

INITIAL BLENDING

SENSING

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



BLENDING POSSIBILITIES

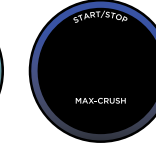
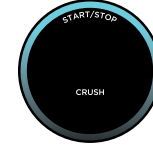
BLENDING

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.



DOUGH

Processes doughs and batters, including pie, pizza, and cookie doughs. Use with Dough Blade Assembly.



NOTE: Once blending possibility is selected, runtime will count down 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.



ADD LIQUID 0

When using the Single Serve Cup, this illuminates if, during blending, your recipe requires more liquid to blend. When "ADD LIQUID 0" displays on the dial, press START/STOP and remove the cup from the base. Add 1/2 to 1 cup of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.



Processing MODE PROGRAMS



DISC: Processor Bowl only

LARGE CHOP, SMALL CHOP, and MINCE: Jug and Processor Bowl only

Smart preset programs combine unique pausing patterns that process 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. They do not work in conjunction with the BlendSense program or Manual programs.

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.



DISC:
Used for slicing or shredding.
NOTE: Use with the
Reversible Slicing/Shredding Disc.



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 and Processor Bowl only.

NOTE: Once speed is selected, runtime will count up on the display in seconds.



What's in the box



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 anticlockwise 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 the 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 1 0 1

Guidelines for best results using the 2.1L jug

INGREDIENTS	1-2 SERVINGS	3-4 SERVINGS
Liquid and Yoghurt	1-2 cups	2 1/2-1 2/3 cups
Fresh and/or Frozen Fruit	2 1/2-3 1/2 cups	3 1/2-4 1/2 cups

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 (1.8L) 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 1 cup of leafy greens and herbs (optional).



3

Add desired amount of fresh fruits and vegetables (for best results, cut in 2.5cm pieces).



2

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



1



Food prep 1 0 1

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 zucchini in 5cm pieces, and broccoli or cauliflower florets into 2.5cm 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.

NOTE: Both the jug and food processor bowl can be used for chopping.

INTRO TO Smoothie bowls

FOR YOURSELF, TO SHARE, OR FOR A CROWD

	INGREDIENTS	1 SERVING	2 SERVINGS	4 SERVINGS
	Milk of Choice	1 Cup	2 Cups	4 Cups
	Frozen Fruit	2 Cups	4 Cups	8 Cups



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 or dragon fruit packets.

Cut larger fruit, like bananas, in quarters.
If using açaí or dragon fruit packets, thaw slightly and cut in quarters.



3. Add ins (Optional)

Amplify your base by adding 2-4 scoops of yoghurt, flavor 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, muesli, fresh bananas, berries, and agave nectar.



INTRO TO Nut butters

1. Add roasted nuts

Place 3 cups roasted nuts, such as almonds, peanuts, walnuts, cashews, and/or pecans, into the 2.1L jug.

2. Add oil

Add 1/4 cup oil, such as canola, 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

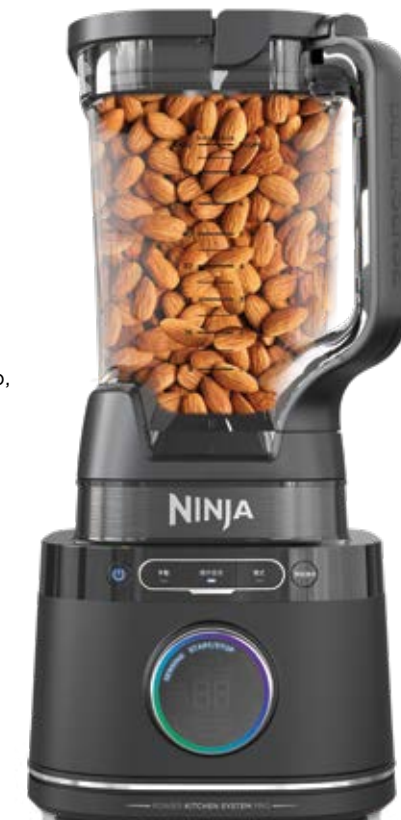


Sweeteners

Honey, maple syrup, or agave nectar

4. Blend

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

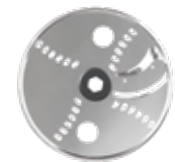


Food processor bowl PROGRAMS

Slicing & shredding 1 0 1

Tips and tricks for the Power Food Processor Bowl

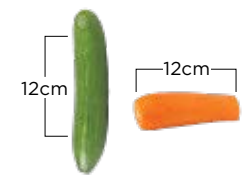
Recommended Programs by Blade Assembly and Disc			
BLADE ASSEMBLY OR DISC	BLENDSense PROGRAM	RECOMMENDED PROCESSING MODE PROGRAMS	RECOMMENDED MANUAL PROGRAMS
Chopping Blade Assembly 	Yes	Mince, Small Chop, Large Chop	Low, Medium, High, or Pulse
Dough Blade Assembly 	Yes	N/A	Low or Pulse
Reversible Slicing/Shredding Disc 	No	Disc	Low



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.

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



FOOD PREP TIPS

Trim ingredients so they are in 10cm to 12cm pieces or slightly over the height of the feed chute.

DO NOT cut ingredients smaller 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 PUSHER

Use the food pusher to help guide food through the feed chute.

NOTE: Install the disc spindle before installing the disc.

Making dough WITH BLENDSENSE

Loading tips for making different doughs and batters.



PIZZAS, PRETZELS, BAGELS & BREAD DOUGHS

- 1 First add liquids (such as water), yeast, and oil. Then add dry ingredients. Select BLENDSENSE, and press START/STOP.
- 2 Remove dough ball and knead to combine, if necessary.



BISCUITS, PIE DOUGH & SCONES

Unit can make a max of 8 biscuits of scones or one 30cm round pie crust at a time.

- 1 First add dry ingredients, and cubed cold butter or shortening. Press PULSE until combined (butter or shortening should be in pieces the size of peas).
- 2 Add cold liquids (such as cold milk or water) through the lid, then select BLENDSENSE, and press START/STOP. If more mixing is needed, run on Low speed until combined.
- 3 Remove dough ball and knead to combine, if necessary.



COOKIES, CAKES, BROWNIES, MUFFINS & QUICK BREADS

- 1 Add sugars, cubed softened butter, eggs, and liquids (such as vanilla extract). Press PULSE until well combined.
- 2 Add all dry ingredients and run the BlendSense program. Select BLENDSENSE, and press START/STOP. If more mixing is needed, run on low speed until combined.
- 3 Add mix ins (such as chocolate chips, raisins, and nuts). Press PULSE until combined.

DOUGH TOO DRY?

Add room temperature water 1 tablespoon at a time and pulse. Continue adding water until a dough ball forms.

DOUGH TOO WET?

Add 1 tablespoon of flour at a time and pulse. Continue adding flour until dough releases from side of jug and a dough ball forms.

NOTE: DO NOT run BlendSense program more than three times for tougher doughs.

USING THE Power food processor bowl

BLADE ASSEMBLY

- 

1 Lower the Power Food Bowl onto the motor base and rotate clockwise until it clicks into place.
- 

2 Exercising care, grasp the Chopping Blade Assembly by the top of the shaft and place it onto the drive gear inside the bowl. Note that it will fit loosely onto the drive gear.
- 

3 Place feed chute lid on the bowl and turn clockwise until you hear a click.

NOTE: Follow the same instructions to install the Dough Blade Assembly

CHOP & ENJOY

- Once the lid is locked in place, press the Power button to turn unit on. When powering on the unit, the BlendSense program will be active by default. Press the dial to begin the program.

- 

2 For Manual programs or Processing Mode programs, press the desired button above the dial. Use the dial to select your desired speed (LOW, MEDIUM, or HIGH) or Processing Mode program, then press the dial to begin. To stop a program at any time, press the dial again.

NOTE: When using the Chopping Blade Assembly, it is recommended to use MINCE, SMALL CHOP, or LARGE CHOP. Processing Mode programs are not recommended when using the Dough Blade Assembly. When using the Dough Blade Assembly, only use LOW speed.

- When finished, press the button on the lid near the handle to unlock, then turn anticlockwise and lift up from the bowl. Always remove the Chopping Blade Assembly before emptying the ingredients from the bowl. To remove the Chopping Blade Assembly, carefully grasp it by the top of the shaft and lift it out of the bowl.



Use the Dough Blade Assembly in place of the Chopping Blade Assembly for processing cookie, pizza, and bread dough with the BlendSense program.

DISC ASSEMBLY

- 

1 Place the disc spindle onto the drive gear inside the jug. Then, use the plastic grip to grasp the disc and place it over the spindle.

The Slicing/Shredding Disc is reversible. Use the side labelled "Slicer" for slicing. Carefully flip the disc over to the side labelled "Shredder" for shredding.
- 

2 Place the feed chute lid on the bowl and turn clockwise until it clicks, indicating the lid is locked in place.

SLICE or SHRED & ENJOY

- 

3 If using a Processing Mode program, select MODE, then use the dial to select DISC. If using a Manual program, select MANUAL, then use the dial to select your desired speed (LOW recommended). To start, press the dial.

NOTE: It is not recommended to use the BlendSense™ program with the Reversible Slicing/Shredding Disc.

- Add the prepped ingredients you want to slice, shred, or grate through the feed chute on the lid. Use the pusher to help guide food through the feed chute.

- To remove the lid, press the button on the feed chute lid, then turn the lid anticlockwise. Lift the lid from the bowl. Carefully lift the disc out of the bowl. Then, grasp the spindle and lift it to remove.



WARNING: Chopping Blade Assembly is loose and sharp and not locked in place. Before pouring, carefully remove blade assembly. Failure to do so will result in a risk of laceration. Refer to the Ninja Owner's Guide for additional information.

Load IT UP

Guidelines for best results using the single serve cup

INGREDIENTS	1 SERVING	2 SERVINGS
Liquid and Yoghurt	¾-1 cups	1-1 ½ cups
Fresh and/or Frozen Fruit	1-1 ½ cups	2-3 cups

Do not blend hot, effervescent, or carbonated liquids or ingredients. Doing so may cause excessive pressure buildup, resulting in risk of laceration and or the user being burned.

Do not process or grind dry ingredients.

Do not go past the MAX LIQUID line when loading the cup.

Do not overfill the cup with ingredients when using. If you feel resistance when attaching the Hybrid Edge Blades Assembly to the cup, remove some ingredients.

5  Top off with ice or frozen ingredients.

4  Then, add 2-4 tablespoons of any dry or sticky ingredients like seeds, powders, and nut butters (optional).

3  Next, add up to 1 cup of leafy greens and herbs (optional).

2  Add desired amount of fresh fruits and vegetables (for best results, cut in 2.5cm pieces).

1  Start by pouring in liquid or yoghurt. For thinner results or a juice-like drink, add more liquid as desired.

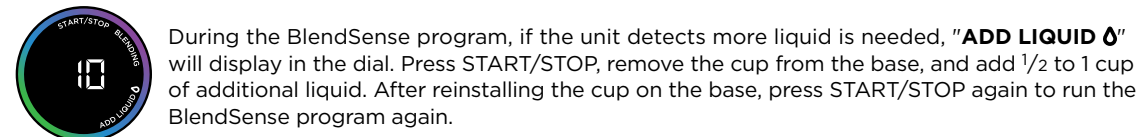
PREP TIPS: For best results, cut ingredients in 2.5cm pieces. Place frozen ingredients in the cup last.

USING THE Single Serve Cup

ASSEMBLY



ADD LIQUID ALERT



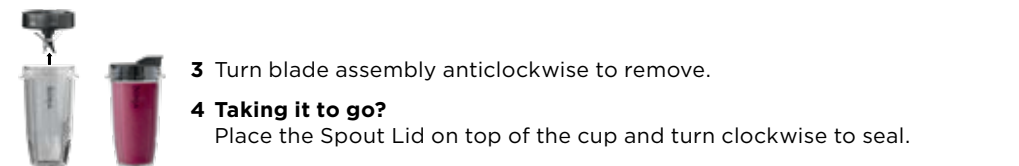
BLEND & ENJOY

1 When powering on the unit, the BlendSense™ program will be active by default. Press the dial to begin the program.

For Manual programs, press MANUAL. Use the dial to select your desired speed (LOW, MEDIUM, or HIGH), then press the dial to begin.

NOTE: Processing Mode programs are only compatible with the and Processor Bowl.

2 When blending is complete, turn cup anticlockwise and lift to remove.



WARNING: Handle the Hybrid Edge Blades Assembly with care, as the blades are sharp.

SINGLE SERVE
CUP



BLENDSense TECHNOLOGY

BLUEBERRY POWER SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- $\frac{3}{4}$ cup oat milk
- $\frac{1}{2}$ cup plain Greek yoghurt
- $\frac{1}{2}$ green apple, cored, cut in 4 pieces
- 1 cup baby spinach
- 1 tablespoon honey
- 1 cup frozen blueberries
- 1 cup ice cubes

DIRECTIONS

- 1 Place all ingredients in the Single Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSense, then press START/STOP.
- 3 Remove the blade from the cup after blending.

BLENDSense TECHNOLOGY

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

- $\frac{3}{4}$ cup whole milk
- 1 fresh banana, peeled, cut in half
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{2}$ tablespoon cocoa powder
- 1 cup ice cubes

DIRECTIONS

- 1 Place all ingredients in the Single Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSense, then press START/STOP.
- 3 Remove the blade from the cup after blending.

SINGLE SERVE
CUP



2.1L
JUG



BLENDSense TECHNOLOGY

TROPICAL DELIGHT SMOOTHIE

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

INGREDIENTS

2 1/2 cups coconut milk
1/2 cup pineapple juice
2-3 tablespoons lime juice
1 banana, peeled
2 cups frozen mango pieces
2 cup 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, then press START/STOP.
- 3 When blending is complete, open the pour spout, pour into cups and serve.

BLENDSense TECHNOLOGY

CLASSIC STRAWBERRY BANANA SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 4-6 SERVINGS

INGREDIENTS

2 3/4 cups milk of choice
2 cups whole frozen strawberries
2 cups sliced frozen banana or 1 fresh banana
1 cup Greek yoghurt
1 tablespoons honey
1 teaspoon vanilla extract

DIRECTIONS

- 1 Install stacked blade in the 2.1L Jug. Add ingredients to the jug in the order listed, then install the lid.
- 2 Select BLENDSense, then press START/STOP.
- 3 When processing is complete, remove the lid and stacked blade, pour into cups and serve.

TIP For a sweeter smoothie, double recommended honey amount.

2.1L
JUG



2.1L
JUG



BLENDSense TECHNOLOGY

FROZEN SANGRIA

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

INGREDIENTS

2 cups dry red wine
1/3 cup orange liqueur
1 tablespoon lime juice
2 navel oranges, peeled, cut in half
1 tablespoon agave
3 cups frozen mixed berries
2 1/2 cups ice cubes

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.

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

1 3/4 cups coconut milk
1 tablespoon honey
2 cups frozen pineapple chunks
1 cup frozen Açai chunks
200g frozen dragon fruit
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, then 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



SINGLE SERVE
CUP



BLENDSense TECHNOLOGY

RASPBERRY LEMON LIME EXTRACT*

PREP: 5 MINUTES

CONTAINER: 700ML SINGLE SERVE CUP

MAKES: 1 SERVING

INGREDIENTS

1 1/4 cups prepared lemonade

1 tablespoon fresh lime juice

1 tablespoon honey

1 cup ice cubes

1 1/2 cups frozen raspberries

DIRECTIONS

- 1 Place all ingredients in the Single Serve Cup in the order listed, then install the blade assembly.
- 2 Select BLENDSense, then press START/STOP.
- 3 Remove the blade from the cup after blending.

MINCE

CHUNKY SALSA

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 8-10 SERVINGS

INGREDIENTS

3 Roma tomatoes, cored, cut in half

1/4 cup coriander, stems removed

1/2 yellow capsicum, seeded, cut in quarters

1/2 jalapeño, seeded, ends cut off

1/2 red onion, peeled, cut in half, ends removed

1 can (800g) whole peeled tomatoes, drained

3 cloves garlic, peeled

1 tablespoon lime juice

1 1/2 teaspoons cumin

1 1/2 tablespoons kosher salt

Ground black pepper, as desired

DIRECTIONS

- 1 Install stacked blade into the 2.1L Jug. Place ingredients in the jug in the order listed, then install the lid.
- 2 Select MODE, MINCE, then press START/STOP. When program is complete, press MINCE, and START/STOP again.
- 3 When processing is complete, remove the lid and stacked blade. Pour salsa into a large bowl and serve with tortilla chips.

TIP If you prefer your salsa smoother, press PULSE until desired consistency is achieved.

2.1L
JUG





MANUAL MODE

GARLIC WHITE BEAN DIP

PREP: 5 MINUTES

CONTAINER: 2.1L JUG

MAKES: 2-4 SERVINGS

INGREDIENTS

2 cans (420g each) cannellini beans,
drained and rinsed

2-3 small cloves garlic, peeled

1/4 cup olive oil

1/4 cup fresh parsley, stems removed

3 tablespoons lemon juice

1/4 teaspoon cumin

Kosher salt, as desired

Ground black pepper, as desired

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 MANUAL, turn dial to speed 8, press START/STOP, and blend for 60 seconds.
- 3** When blending is complete, remove the lid and stacked blade, then transfer dip to a serving bowl. Serve with chips, crackers, or vegetables.

2.1L
JUG



TIP For a stronger garlic flavour, use 3 garlic cloves.



SMALL CHOP

TURKEY VEGGIE MEATBALLS

PREP: 40 MINUTES

COOK: 35 MINUTES

CONTAINER: 2.1L JUG

MAKES: 14-16 MEATBALLS

INGREDIENTS

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

170g mushrooms (cremini or white)

2 cloves garlic, peeled

1 tablespoon dried oregano

1/4 cup fresh parsley, stems removed

680g ground turkey

1 tablespoon mayonnaise

1 large egg

1/2 cup bread crumbs

Kosher salt, as desired

Ground black pepper, as desired

2.1L
JUG



DIRECTIONS

- 1 Preheat oven to 180°C (350°F) and line 2 baking pans with parchment paper.
- 2 Install stacked blade in the 2.1L Jug. Add onion, mushroom, garlic, oregano, and parsley to the jug in the order listed, then install the lid.
- 3 Select MODE, SMALL CHOP, then press START/STOP. When 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 turkey, mayonnaise, egg, bread crumbs, salt, and pepper. Combine ingredients with a large spoon or rubber spatula.
- 5 Portion the turkey mixture into 14 to 16 balls and place on prepared baking sheets.
- 6 When oven is preheated, bake 35 minutes or until the internal temperature of the meatballs reads 73°C (165°F) on an instant read thermometer.

TIP For vegetarian meatballs, replace turkey with 680g plant based ground beef.



BLENDSENSE TECHNOLOGY, DISC

CAPSICUM & ONION PIZZA POCKETS

PREP: 25 MINUTES

COOK: 25 MINUTES

CONTAINER: 1.8L POWER FOOD PROCESSOR BOWL

MAKES: 16 SERVINGS

INGREDIENTS

Dough:

1 1/4 cups warm water 43°–46°C (110°F–115°F)

1 1/2 teaspoons granulated sugar

1 packet (21g) **or**

2 1/4 teaspoons dry active yeast

1/2 cup olive oil

4 cups all-purpose flour

1 teaspoon kosher salt

Nonstick cooking spray

Filling:

1 red capsicum, seeded, cut in quarters

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

1 block (16 ounces) low moisture whole milk mozzarella cheese, cut in 2.5cm strips

Sauce:

1 can (400g) prepared pizza sauce

Egg wash:

1 egg, beaten

1 tablespoon water

DIRECTIONS

- 1 Install dough blade in the Power Food Processor Bowl. Add the water, sugar, and yeast to the bowl and stir to combine. Allow mixture to sit for 5 minutes, or until foamy.
- 2 Add the olive oil, flour, and salt to the bowl. Install the lid, select BLENDSense, then press START/STOP to begin program.
- 3 When program is complete, remove the dough and dough blade. Wipe the bowl clean.
- 4 Knead the dough on a clean work surface to form a smooth ball. Then spray a large bowl with nonstick cooking spray, place dough in bowl, and cover with plastic wrap. Allow dough to rise until doubled in size (about 45 minutes).
- 5 Install the spindle in the Power Food Processor Bowl, then carefully install the Reversible Slicing/Shredding Disc with the side marked “slicer” facing up on the spindle. Install the lid. Add 2 pieces of capsicum to the feed chute, then press MODE, select DISC, and press START/STOP. Use the pusher to guide the capsicum through the feed chute. Repeat with remaining capsicum and onion. When processing is complete, remove lid and disc, then transfer capsicum and onions to a small bowl and set aside.
- 6 Wipe the bowl and disc clean. Install the Reversible Slicing/Shredding Disc back onto the spindle with the side labeled “shredder” facing up, then install the lid.
- 7 Add the pieces of mozzarella to the feed chute. Press MODE, select DISC, and press START/STOP. Use the pusher to guide the cheese through the feed chute. Repeat with remaining cheese. When shredding is complete, remove lid and disc, then transfer cheese to a small bowl and set aside.
- 8 When dough ball has doubled in size, preheat oven to 220°C (425°F). Line 2 baking pans with baking paper and set aside.
- 9 Lightly flour a clean work surface and cut the dough ball in half. Working with one half at a time, roll dough into a 30cm x 30cm square. Cut the dough into 8 equal squares. Repeat with second half of dough.
- 10 In the center of each square, add 1 tablespoon sauce, 2 tablespoons cheese, and 1 tablespoon onions and capsicum.
- 11 Fold the dough over itself and seal in filling using a fork to pinch the edges closed. Place pockets onto prepared baking pans.
- 12 Combine beaten egg with water and brush the top of each pocket. Then cut 3 small slits in the top of each.
- 13 When oven is preheated, bake for 20 minutes or until golden brown. Allow pizza pockets to cool for at least 10 minutes before serving.



BLENDSense TECHNOLOGY

STRAWBERRY PEACH COBBLER

PREP: 15 MINUTES

COOK: 40 MINUTES

CONTAINER: 1.8L POWER FOOD PROCESSOR BOWL

MAKES: 8-10 SERVINGS

INGREDIENTS

Pie Filling:

3 cups fresh strawberries, hulled, cut in half

2 cups fresh or frozen peach slices

$\frac{3}{4}$ cup granulated sugar,
plus 1 tablespoon, divided

3 tablespoons all purpose flour

$\frac{1}{2}$ tablespoon lemon juice

Biscuit Dough:

2 cups all purpose flour

1 tablespoon granulated sugar

1 tablespoon baking powder

$\frac{1}{4}$ teaspoon kosher salt

1 stick (113g) cold unsalted butter, cut in cubes

$\frac{3}{4}$ cup whole milk, plus 2 tablespoons, divided

1.8L
PROCESSOR
BOWL



DIRECTIONS

- 1 Preheat oven to 180°C (350°F).
- 2 Combine all filling ingredients in a medium bowl, reserving 1 tablespoon sugar. Pour filling into 20cm x 20cm baking pan and set aside.
- 3 Install dough blade in the Power Food Processor Bowl. Add flour, sugar, baking powder, and salt, then press PULSE three times to combine.
- 4 Add butter and PULSE until combined. (Butter should be in pieces the size of peas.)
- 5 Add $\frac{3}{4}$ cup milk, select BLENDSense, and press START/STOP.
- 6 Transfer dough to a lightly floured surface and pat down with hands to 3.8cm thick. Using a pastry cutter or knife, portion the dough into 6 equal pieces.
- 7 Place biscuits on top of the prepared pie filling, brush the tops with the reserved 2 tablespoons milk, and sprinkle with reserved 1 tablespoon sugar.
- 8 When oven is preheated, bake for 40 minutes or until tops of biscuits are golden brown. Allow to cool for 10 minutes before serving.

TIP Swap fresh strawberries for 3 cups frozen sliced strawberries, if desired.

NINJA
DETECT™ KITCHEN
SYSTEM
POWER BLENDER
+ PROCESSOR PRO

WITH
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