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

NINJA

DETECT

POWER BLENDER PRO

+ SINGLE SERVE

10 QUICK & EASY RECIPES

Blending made simple.

Welcome to the Ninja Detect Duo Power Blender 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 entrees. 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 only)
Preset processing programs (LARGE CHOP, SMALL CHOP, and MINCE) that chop and mince for you.

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

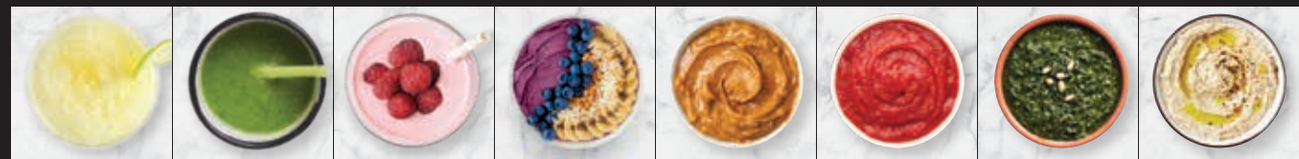
Identifies fresh or frozen ingredients and recipe size. Automatically adjusts time, speed, and power for perfect results.

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 120-240ml 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			PERFECTLY THICK		PERFECTLY PROCESSED		
FROZEN DRINKS	EXTRACTIONS	SMOOTHIES	SMOOTHIE BOWLS	NUT BUTTERS	SAUCES	PESTO	HUMMUS



BlendSense TECHNOLOGY

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, 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.

NOTE: *Once blending possibility is selected, runtime will count up 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 💧
When using the Single-Serve Cup, this illuminates if, during blending, your recipe requires more liquid to blend. When "**ADD LIQUID 💧**" displays on the dial, press START/STOP and remove the cup from the base. Add 120-240ml of additional liquid. Reinstall the cup, then press START/STOP to run the BlendSense program again.

Processing Mode PROGRAMS

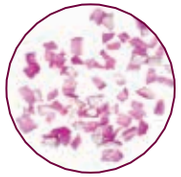
LARGE CHOP, SMALL CHOP, and MINCE: Jug only

Smart preset programs that combine unique pausing patterns that chop 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.

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.

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 only.

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

What's in the box

JUG LID
With spout for easy pouring

NINJA DETECT TOTAL CRUSHING® & CHOPPING BLADES (STACKED BLADE ASSEMBLY)
Blast through frozen fruit and ice in seconds

2.1L* JUG
Crush, chop, and make smoothie bowls in one compact versatile jug
*1.9L max liquid capacity

DISPLAY
Easy-to-use START/STOP dial, BlendSense button, manual, mode, and pulse buttons

MOTOR BASE
Powerful high-speed motor with 1800 peak watts

(2) 600ML SINGLE-SERVE CUPS WITH SPOUT LIDS
Create delicious drinks to take on the go

HYBRID EDGE BLADES ASSEMBLY
High-grade stainless steel blades breakdown frozen whole fruits and veggies, nuts, seeds, and ice for smooth blends

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 anti-clockwise 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 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 BASICS

Guidelines for best results using the 2.1L		
INGREDIENTS	1–2 SERVINGS	3–4 SERVINGS
Liquid and Yoghurt	240-480ml	600-650ml
Fresh and/or Frozen Fruit	375-525g	525-675g

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 (1.9L) 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 75g of leafy greens and herbs (optional). 3

Add desired amount of fresh fruits and vegetables (for best results, cut in 2 ½cm pieces). 2

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

Food prep BASICS

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 courgette in 5cm pieces, and broccoli or cauliflower florets into 2 ½cm 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.

Load IT UP

Guidelines for best results using the single-serve cup		
INGREDIENTS	**1 SERVING**	**2 SERVINGS**
Liquid and Yoghurt	180-240ml	240-400ml
Fresh and/or Frozen Fruit	150-225g	300-450g

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 75g of leafy greens and herbs (optional).

2 Add desired amount of fresh fruits and vegetables (for best results, cut in 2 ½cm 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 ½cm pieces. Place frozen ingredients in the cup last.

USING THE Single-Serve Cup

ASSEMBLY

1 Fill Single-Serve Cup with desired contents.

2 Screw on Hybrid Edge Blades Assembly clockwise until you have a tight seal.

3 Flip cup upside down and lower it onto base.

Turn cup clockwise to lock in place.

ADD LIQUID 💧 ALERT

During the BlendSense program, if the unit detects more liquid is needed, "**ADD LIQUID 💧**" will display in the dial. Press START/STOP, remove the cup from the base, and add 120-240ml of additional liquid. After reinstalling the cup on the base, press START/STOP again to run the BlendSense program again.

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 Jug.*

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

3 Turn blade assembly anti-clockwise to remove.

4 Taking it to go?
Place the Spout Lid on top of the cup and turn clockwise to seal.

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

INTRO TO Smoothie bowls

FOR YOURSELF, TO SHARE, OR FOR A CROWD

INGREDIENTS	1 SERVING	2 SERVINGS	4 SERVINGS
Milk of Choice	240ml	480ml	950ml
Frozen Fruit	300g	600g	1kg

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, flavour 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 favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.

INTRO TO Nut butters

1. Add roasted nuts

Place 400g roasted nuts, such as almonds, peanuts, walnuts, cashews, and/or pecans, into the 2.1L jug.

2. Add oil

Add 60ml 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.

BLENDSENSE TECHNOLOGY

BLUEBERRY POWER SMOOTHIE

PREP: 5 MINUTES
CONTAINER: 700ML SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

180ml oat milk
115g plain Greek yoghurt
½ green apple, cored, cut in 4 pieces
225g baby spinach
1 tablespoon honey
190g frozen blueberries
240g ice

DIRECTIONS

1. Place all ingredients in the Single-Serve Cup in the order listed, then install the blade assembly.
2. Select BLENDSENSE, and 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

180ml whole milk
1 fresh banana, peeled, cut in half
65g peanut butter
½ tablespoon cocoa powder
240g ice

DIRECTIONS

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

2.1L JUG

BLENDSENSE TECHNOLOGY

CLASSIC STRAWBERRY BANANA SMOOTHIE

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

INGREDIENTS

650ml milk of choice
330g whole frozen strawberries
300g sliced frozen banana or 1 fresh banana
230g 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 and 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.

BLENDSENSE TECHNOLOGY

TROPICAL DELIGHT SMOOTHIE

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

INGREDIENTS

600ml coconut milk
120ml pineapple juice
2–3 tablespoons lime juice
1 banana, peeled
330g frozen mango pieces
280g 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, and press START/STOP.
3. When blending is complete, open the pour spout, pour into cups and serve.

2.1L JUG

BLENDSENSE TECHNOLOGY

RASPBERRY LEMON-LIME EXTRACT

PREP: 5 MINUTES
CONTAINER: 700ML SINGLE-SERVE CUP
MAKES: 1 SERVING

INGREDIENTS

300ml artisanal still lemonade
1 tablespoon fresh lime juice
1 tablespoon honey
240g ice
225g frozen raspberries

DIRECTIONS

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

BLENDSENSE TECHNOLOGY

FROZEN SANGRIA

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

INGREDIENTS

480ml dry red wine
80ml orange liqueur
1 tablespoon lime juice
2 navel oranges, peeled, cut in half
1 tablespoon agave
450g frozen mixed berries
600g ice

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, and 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.

2.1L JUG

BLENDSENSE TECHNOLOGY

COCONUT DRAGON FRUIT SMOOTHIE BOWL

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 2–4 SERVINGS

INGREDIENTS

415ml coconut milk
1 tablespoon honey
280g frozen pineapple chunks
240ml frozen Acai puree
210g 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, and 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.

MINCE

CHUNKY SALSA

PREP: 5 MINUTES
CONTAINER: 2.1L JUG
MAKES: 8–10 SERVINGS

INGREDIENTS

3 Roma tomatoes, cored, cut in half
4g coriander, stems removed
½ yellow pepper, seeded, cut in quarters
½ jalapeño pepper, seeded, ends cut off
½ red onion, peeled, cut in half, ends removed
800g whole peeled tomatoes, drained
3 cloves garlic, peeled
1 tablespoon lime juice
1 ½ teaspoons cumin
1 ½ tablespoons sea 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. Once 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

850g cannellini beans, drained and rinsed

2–3 small cloves garlic, peeled

60ml olive oil, plus additional for serving

6g fresh parsley, stems removed

3 tablespoons lemon juice

1/4 teaspoon cumin

1 teaspoon sea salt, plus additional, as desired

1/2 teaspoon ground black pepper, plus additional, 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. Season with additional salt and pepper if needed and drizzle with olive oil if desired. Serve with chips, crackers, or vegetables.

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

SMALL CHOP

CHICKEN AND VEGETABLE MEATBALLS

PREP: 40 MINUTES
COOK: 25 MINUTES
CONTAINER: 2.1L JUG
MAKES: 12–14 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

6g fresh parsley, stems removed

680g minced chicken

1 tablespoon mayonnaise

1 large egg

45g bread crumbs

Sea salt and ground black pepper, as desired

DIRECTIONS

1. Preheat oven to 175°C and line 2 baking sheets with baking paper.
2. Install stacked blade into the 2.1L Jug. Add onion, mushroom, garlic, dried oregano and parsley to the jug in the order listed, then install the lid.
3. Select MODE, SMALL CHOP, then START/STOP. Once 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 chicken, mayonnaise, egg, bread crumbs, sea salt, and pepper. Combine ingredients together with a large spoon or rubber spatula.
5. Portion the chicken mixture into 12–14 balls and place on prepared baking sheets.
6. Place the baking sheets in the oven and cook for 25 minutes or until the internal temperature of the meatballs reads 74°C on an instant-read thermometer.

TIP For vegetarian meatballs, replace chicken with 680g plant-based minced beef.

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