

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

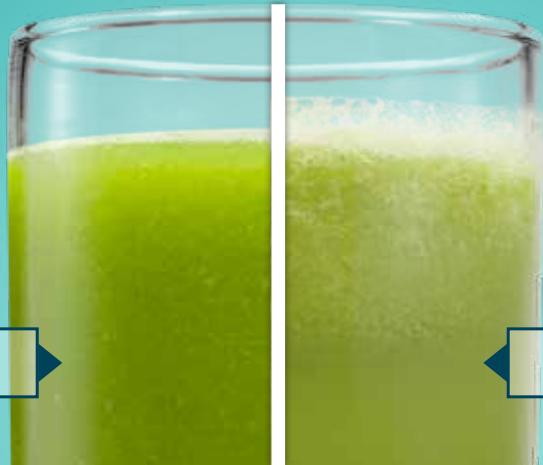


**NUTRI
NINJA®**
WITH
FRESHVAC™ TECHNOLOGY

**QUICK START
GUIDE**



PUMP OXYGEN OUT. LOCK VITAMINS IN. STAYS FRESH OVERNIGHT.



OXYGEN REMOVAL
BLENDING

TRADITIONAL
BLENDING MODE

WHAT

WHAT IS FRESHVAC™ TECHNOLOGY?

Our innovative FreshVac pump removes oxygen from the vessel before blending, resulting in a bright-colored, great-tasting, silky-smooth, vitamin-rich drink that stays fresh overnight.

WHY

WHY OXYGEN IS BAD FOR SMOOTHIES.

Oxygen can affect the flavor, color, texture, and even the vitamin content of your blended drinks.

WHEN

WHEN TO USE FRESHVAC.

For best results, use the FreshVac pump when making smoothies, nutrient extractions, dressings, and dips.

Frozen drinks and ice cream recipes do not benefit from the FreshVac Pump.

FRESHVAC'S FAVORITE FRUITS AND VEGETABLES

Get started with this list of ingredients that pair well with the FreshVac™ Pump to make vibrant, rich-tasting, smooth-textured drinks. Feel free to freestyle with other ingredients.



Orange



Lime



Grapefruit



Basil



Spinach



Watermelon



Honeydew



Pineapple



Apple



Kiwi



Pear



Strawberries



Raspberries



Kale



Carrot



Cucumber



Cantaloupe



Blueberries



Mint



Lemon

TAKE THE FRESHVAC™ CHALLENGE

Try the recipes in this guide with and without the FreshVac Pump to experience the FreshVac difference.

SHARE YOUR RESULTS on



#FreshVacChallenge
and tag @NinjaKitchen



13

PINEAPPLE
APPLE
MINT

15

APPLE
CUCUMBER
SPINACH

19



23



25

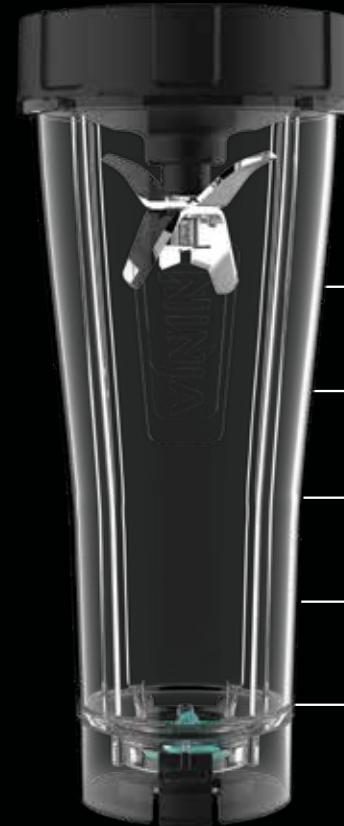
TROPICAL
GREEN
MACHINE

29

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LOADING TIPS FOR YOUR SINGLE-SERVE FRESHVAC™ CUP



LOADING TIPS

Do not go past the **MAX LIQUID** line when loading the cup. Overfilling ingredients may harm the FreshVac Pump when in use. If you feel resistance when attaching the Pro Extractor Blades® Assembly to the cup, remove some ingredients.

5



Top off with ice or frozen ingredients.

4



Next add any dry or sticky ingredients like seeds, powders, and nut butters.

3



Pour in liquid or yogurt next. For thinner results or a juice-like drink, add more liquid as desired.

2



Next add leafy greens and herbs.

1



Start by adding fresh fruits and vegetables.

PREP TIPS

For best results, cut ingredients in 1-inch chunks. Place frozen ingredients in the cup last.

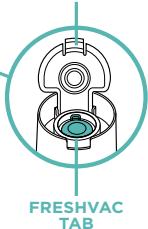
CAUTION: Remove the Pro Extractor Blades Assembly from the Single-Serve FreshVac Cup upon completion of blending. Do not store ingredients before or after blending in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, only use spout lid to cover.

PARTS

SINGLE-SERVE
FRESHVAC™ CUP



WITH FLIP
& SEAL LID



FRESHVAC
TAB



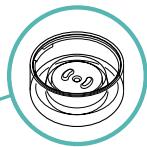
SPOUT
LID



PRO EXTRACTOR
BLADES® ASSEMBLY



FRESHVAC
PUMP

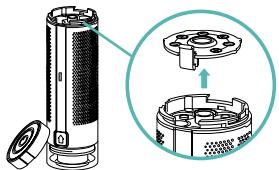


WITH
REMOVABLE
OVERFLOW
RESERVOIR

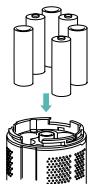


6 AA ALKALINE
BATTERIES

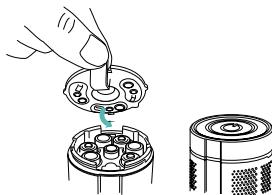
INSTALLING THE BATTERIES IN THE FRESHVAC PUMP



1 Unscrew the FreshVac Pump's power button cap and remove the battery cover.



2 Install 6 AA alkaline batteries (included), ensuring the +/- symbols on the batteries match the markings on the battery cover and battery housing.



3 Replace the battery cover, making sure it is fully seated and clicked in place. Screw on the pump's power button cap.

FRESHVAC PUMP LIGHT INDICATORS

 **White light:**
Vacuum sealing in progress

 **Green light:**
Vacuum sealing complete

 If light blinks white and green, replace batteries or make sure they're properly installed.

CLEANING



DISHWASHER:

- The cups, lids, and blade assembly are all dishwasher safe. The lids and blade assembly are top-rack dishwasher safe. Ensure the blade assembly is removed from the cup before placing in the dishwasher.
- Place cup in the dishwasher with Flip & Seal Lid open to remove food residue while cleaning.

DO NOT PUT THE OVERFLOW RESERVOIR IN THE DISHWASHER.



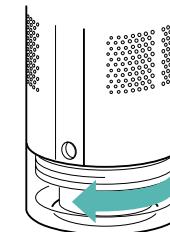
HAND-WASHING:

Wash cups, lids, blade assembly, and overflow reservoir 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.

TIP: If you find residue underneath the FreshVac™ Tab, try lifting it gently and rinsing under warm water. **DO NOT** remove FreshVac Tab.



DO NOT SUBMERGE THE PUMP IN WATER.



HOW TO REMOVE OVERFLOW RESERVOIR

Twist it counterclockwise to remove it from the FreshVac Pump.

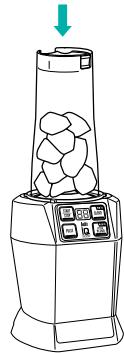
 **WARNING:** Always unplug the base before cleaning.

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

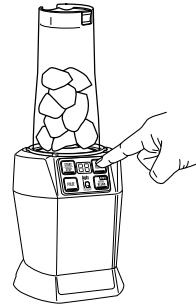
TRADITIONAL BLENDING MODE



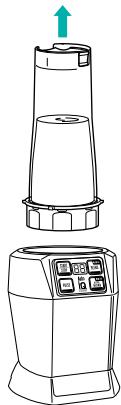
1 Fill the cup with desired contents, making sure to not exceed the MAX LIQUID line. Then place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.



2 Flip cup upside down and lower it onto base. Push down on the cup until you hear a soft click.



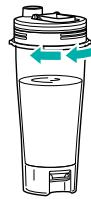
3 Select any of the illuminated programs to begin blending.



4 When blending is complete, lift cup to remove.



5 Turn blade assembly counterclockwise to remove.

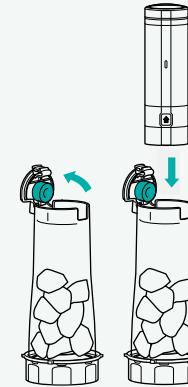


6 Place spout lid on top of cup and turn clockwise to lock in place.

OXYGEN REMOVAL BLENDING



1 Fill the cup with desired contents, making sure to not exceed MAX LIQUID line. Then place Pro Extractor Blades® Assembly on cup and rotate clockwise until tightly sealed.

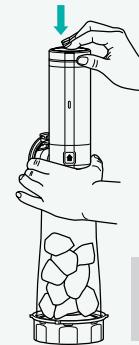


2 Turn cup upside down so the Flip & Seal Lid is on top and the bottom of the blade assembly is flat on the counter.

3 Open the Flip & Seal Lid by pressing and lifting the latch. Set the FreshVac™ Pump on top of the FreshVac Tab.

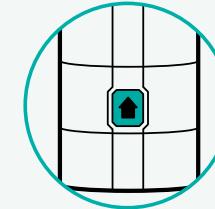
The pump DOES NOT lock in place on the lid.

Be sure FreshVac Tab is dry before using FreshVac Pump.



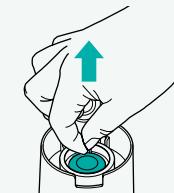
Do not use FreshVac Pump **after** blending, as this could damage the pump.

4 Press the power button on top of the pump to begin vacuum sealing. The pump will shut off automatically once vacuum sealing is complete.



5 To release the pump from the cup, press the pump release button on the bottom front of the pump and lift. Click the Flip & Seal Lid closed.

6 Lock cup in place on base and blend as desired. Once blending is complete, remove the cup from the base and place the cup flat on the counter.



7 Gently pull up on the FreshVac Tab until hissing sound stops to release the vacuum seal, then close the Flip & Seal Lid.

DO NOT PULL TAB OUT

8 Remove the blade assembly and screw the spout lid clockwise onto the cup.

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

SMOOTHIES & EXTRACTIONS

FOR BEST RESULTS WITH THESE RECIPES,
USE THE FRESHVAC™ PUMP.

BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (9-OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, peeled, cut in half

1 1/4 cups almond milk

1 tablespoon almond butter

1 1/4 cups frozen mixed berries

SMOOTHIES



DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.



CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (10-OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana, cut in 1-inch pieces

1 small navel orange, peeled, cut in half,
pith removed

1 cup unsweetened almond milk

1/4 teaspoon ground cinnamon

1 scoop vanilla protein powder

1/2 cup frozen mango chunks

1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select SMOOTHIE.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





PINEAPPLE APPLE MINT

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS

1/2 small Granny Smith apple, cut in 1-inch pieces

1 cup pineapple chunks

1/2 cup spinach leaves

4 fresh mint leaves

3/4 cup coconut water

1 tablespoon fresh lemon juice

1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





CITRUS REFRESHER

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS

1/2 Anjou pear, peeled, cored, cut in 1-inch pieces

1/2 small pink grapefruit, peeled, cut in quarters, pith and seeds removed

1 small orange, peeled, cut in quarters, pith and seeds removed

1/4 lemon, peeled, pith and seeds removed

1/2 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach spout lid to enjoy on the go.



APPLE CUCUMBER SPINACH

PREP: 10 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS

1/2 Granny Smith apple, cut in 1-inch pieces

1/4 English cucumber, trimmed, cut in 1-inch pieces

1/2 cup spinach leaves

3/4 cup water

1 tablespoon fresh lemon juice

1/4 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.



CUCUMBER GINGER MELON

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (7-OUNCE) SERVINGS

INGREDIENTS

1/4 English cucumber, cut in 1-inch pieces

1/4-inch piece fresh ginger, peeled

1/2 cup baby spinach

1/4 fresh lime, peeled, pith and seeds removed

1 cup honeydew melon chunks

1/4 cup water

1/2 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach spout lid to enjoy on the go.





NINJA® VEGGIE JUICE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (7-OUNCE) SERVINGS

INGREDIENTS

3-inch piece celery, cut in quarters

1/3 small carrot, peeled, cut in quarters

1-inch piece beet, peeled

1/4 small green apple, peeled, cut in quarters

2-inch piece English cucumber, cut in half

1 small vine-ripened tomato, cut in eighths

1 tablespoon red onion, diced

1/2-inch piece jalapeño pepper, seeds removed

1/4 teaspoon kosher salt

1/4 cup water

1/2 cup ice

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





ORANGE APPLE SPLASH

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (8-OUNCE) SERVINGS

INGREDIENTS

- 1/2 carrot, peeled, cut in 1-inch pieces
- 1/2 small Golden Delicious apple, cut in 1-inch pieces
- 1 small orange, peeled, cut in half, pith and seeds removed
- 1/4 lemon, peeled, pith and seeds removed
- 1/4-inch piece fresh ginger, peeled
- 1 tablespoon goji berries
- 3/4 cup water
- 1 teaspoon flaxseed
- 1/2 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach spout lid to enjoy on the go.





POMEGRANATE STRAWBERRY BLAST

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (9-OUNCE) SERVINGS

INGREDIENTS

1-inch piece beet, peeled

1/2 cup cantaloupe chunks

1 small orange, peeled, cut in half, pith and seeds removed

3/4 cup pomegranate juice

3/4 cup frozen strawberries

DIRECTIONS

- 1 Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2 Select EXTRACT.
- 3 Remove blades from cup after blending. Attach spout lid to enjoy on the go.





TROPICAL GREEN MACHINE

PREP: 5 MINUTES

CONTAINER: 24-OUNCE SINGLE-SERVE FRESHVAC™ CUP

MAKES: 2 (7-OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, peeled

1/2 cup mango chunks

1/2 cup pineapple chunks

1/2 cup spinach leaves

1/2 cup kale leaves

1/2 cup water

1 teaspoon flaxseed

1/4 cup ice

DIRECTIONS

- 1** Place all ingredients into the 24-ounce Single-Serve FreshVac™ Cup in the order listed. **See page 9 for oxygen removal blending instructions.**
- 2** Select EXTRACT.
- 3** Remove blades from cup after blending. Attach spout lid to enjoy on the go.



**NUTRI
NINJA[®]**
WITH
FRESHVAC[™] TECHNOLOGY

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