

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



# NINJA POWER DUO

10 DELICIOUS RECIPES



# Your guide to mixing and blending like a pro.

Welcome to the Ninja® Power Duo Immersion Blender and RapidWhisk recipe book. Here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you everything you need to create soups, smoothies, desserts, and more. **Now let's get started.**

For more delicious recipes, visit [ninjatestkitchen.com](http://ninjatestkitchen.com)

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# Meet the PowerBase™

Power in the palm of your hand.

Thanks to its power-dense motor, the PowerBase can transform into a different appliance whenever a new accessory is attached. Immersion blending and whisking are just the beginning.



## Innovative Bell Design

Technology that protects cookware and prevents splatter.

### SplatterShield™

Designed to prevent 95% less splatter\* while blending to keep ingredients in the pot and off the countertop.



### PanProtect™

Integrated pan guard prevents scratches on pots and pans.



\*vs. KitchenAid KHBV53

# Immersion Blender Attachment Assembly

Get to know your immersion blender.

## Assembly

### Install the Immersion Blender Attachment:


Align the arrow on the PowerBase™ with the arrow on the immersion blender attachment, then push the attachment onto the PowerBase to lock it in place.


## Disassembly

### Remove the Immersion Blender Attachment:

Unplug the unit. Then press and hold the release buttons on both sides of the PowerBase while you pull the attachment out of the PowerBase.

## Using the controls

**POWER:** Press  and hold continuously to blend.

**VARIABLE SPEED:** While continuously holding  to blend, press the **VARIABLE SPEED** button to alternate between speeds.



**NOTE:** Unit will begin at low speed, and ramp up to higher speeds. There is a 30-second memory for the latest speed if power is disengaged.

## Blending Speeds

**LOW:** Use to blend liquids, such as mayo or dressing, or soups and sauces with soft ingredients, such as tomato sauce.

**HIGHER:** Use for tougher ingredients, such as butternut squash, or for smooth purees, such as hummus.

# RapidWhisk Attachment Assembly

Get to know your RapidWhisk.

## Assembly

### Install the RapidWhisk Attachment Assembly:


1. Install RapidWhisk Attachment in adapter by aligning it with the slots on the adapter. You will feel the RapidWhisk Attachment click into place when it's correctly installed.
2. Attach the RapidWhisk Attachment Assembly to the PowerBase™ by aligning the arrows then pushing the assembly onto the PowerBase.


## Disassembly

### Remove the RapidWhisk Attachment Assembly:

Unplug the unit. Then press and hold the release buttons on both sides of the PowerBase while you pull the assembly out of the PowerBase.

## Using the controls

**POWER:** Press  and hold continuously to blend.

**VARIABLE SPEED:** While continuously holding  to blend, press the **VARIABLE SPEED** button to alternate between speeds.



**NOTE:** Unit will begin at low speed, and ramp up to higher speeds. There is a 30-second memory for the latest speed if power is disengaged.

## Blending Speeds

**LOW:** Combing dry ingredients, for gentle whisking.

**HIGHER:** Whipping cream or egg whites.

# Cleaning Best Practices

All attachments, with exception of the PowerBase™, are dishwasher safe.



- 1 Unplug the PowerBase before cleaning. Wipe the PowerBase and RapidWhisk attachment with a clean, damp cloth.
- 2 The immersion blender, whisk, blade assembly, vessel, and storage lid are all top-rack dishwasher safe.
- 3 If hand-washing, wash in warm, soapy water. Use a dishwashing utensil with a handle when washing blade assemblies.



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

# Additional Accessories

Expand your Power Duo System with these additional accessories.



Scan the code or visit [qr.ninjakitchen.com/powermixersystem](http://qr.ninjakitchen.com/powermixersystem) to purchase accessories.



**3-Cup Power Chopper**

Attach to the PowerBase™ to chop, mince, and puree ingredients. Storage lid included.



**3-Cup Blending Vessel**

Perfectly designed for the immersion blender attachment to blend your favorite recipes.



**Let's get blending**

# Immersion Blender Basics

Get to know your immersion blender

**NOTE:** Holding the power button ensures the blade runs only when you're in control.

## Choosing your container



The container should be large enough for the **blender head to be fully submerged** in the ingredients. Once submerged, there should be ample room in the container to avoid overflowing and splashing. A cooking pot, large measuring container, or the included blending vessel is recommended.

## Blending and pureeing



Submerge blender head in ingredients. While blending, move the blender head through ingredients in an **up-and-down** motion, making sure to stop blending any time the blender head is no longer submerged.

**IMPORTANT:**  
Use caution when blending hot ingredients to avoid splatter. When blending in a cooking pot on a stovetop, remove the pan from the heating element or ensure the heating element is turned OFF prior to blending.

## Blending Tips:

- Before blending larger ingredients, such as onions, tomatoes, potatoes, and squash, chop the food in 1-inch pieces. Cook vegetables prior to pureeing.
- Do not blend tough skins, peels, seeds, or pits. Before blending, peel foods such as onions, potatoes, squash, garlic, oranges, and lemons.
- Blend frozen fruit, ice, nuts, and hard vegetables like carrots, potatoes, and squash with liquid for best results.
- Let hot foods slightly cool before blending.
- For better control of results, start at low speeds and ramp up to higher speeds by pressing the VARIABLE SPEED button. Use pulses to keep from overprocessing.



**Let's keep blending**

# Immersion Blender Basics

Use the immersion blending arm to combine your favorite fresh or frozen ingredients, liquids, and powders.

**NOTE:** For best results, move the immersion blender in an up-and-down motion.








**Do not go past the MAX LIQUID line when loading the vessel.**

Overfilling the blending vessel may cause excess splashing or overflowing.

### PREP TIPS

For best results, cut ingredients in 1-inch pieces.



- 5  Top off with ice or frozen ingredients.  
**NOTE:** For frozen drinks and smoothies, ensure there is enough liquid covering ice prior to blending.
- 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.

**NOTE:** The 3-cup blending vessel is not microwave-safe.



**Let's get whisking**

# RapidWhisk Basics

Get to know your whisk

## Whisk: Variable Speed Control



To prevent splattering when using the RapidWhisk Attachment, start on the lowest speed, then gradually increase to the highest speed. The whisk at high speed is great for whipping cream, mousse, egg whites, and more. (Note: The whisk is not recommended for thicker batters and mix-ins.)



Follow the recipe mixing times carefully. Also, watch closely for visual cues that will help determine how long to mix or whip. For example, if the recipe says "mix until stiff peaks form," frequently check the mixture to assess if stiff peaks are forming.



Always start on lowest speed, then slowly ramp up the speed to prevent ingredients from splattering. When processing is complete, turn off the unit.



When whisking, keep whisk submerged in the ingredients and move in a circular or side-to-side motion for even mixing. Avoid lifting too high to prevent splattering.



# BACON, CARAMELIZED ONION & SHARP CHEDDAR QUICHE

**PREP:** 15 MINUTES

**COOK:** 40-45 MINUTES

**MAKES:** 2 QUICHES (16 SERVINGS)

**ACCESSORIES:** RAPIDWHISK ATTACHMENT

## INGREDIENTS

- 2 pre-made pie crusts, refrigerated
- 8 ounces bacon (half of 1 package), cut in 1/4-inch pieces
- 1 large sweet onion, thinly sliced
- 3 cups half-and-half
- 8 large eggs
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 cup shredded sharp cheddar cheese

## DIRECTIONS

1. Preheat the oven to 425°F. Then place the pie crusts in the oven, directly on the rack, and bake for 15 minutes. When baking is complete, remove pie crusts from oven, transfer to sheet pan, and set aside. Reduce oven temperature to 350°F.
2. Place a medium skillet over medium heat. Once hot, add the bacon and cook until crisp and golden brown, about 5 minutes. Transfer to a paper-towel-lined plate to cool. Remove all but 2 tablespoons bacon grease from the skillet. Reduce heat to medium-low, then add the onions and cook, stirring often until lightly browned, about 5 minutes. Remove from heat and set aside.
3. Attach the RapidWhisk attachment to the PowerBase™.
4. In a large bowl, add the half-and-half, eggs, salt, and pepper. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase speed to medium. Whisk until evenly combined, about 2 minutes.
5. Evenly distribute the onion and bacon between the crusts. Then top each with 1/2 cup cheese and the prepared egg mixture. Transfer the sheet pan with quiches to the oven. Bake for 40-45 minutes, or until eggs are set in the center.
6. When cooking is complete, remove the quiches from the oven. Cool for 15 minutes before slicing and serving.



BREAKFAST



# DUTCH BABY WITH FRESH MIXED BERRIES

**PREP:** 5 MINUTES  
**BAKE:** 15-20 MINUTES  
**MAKES:** 6 SERVINGS  
**ACCESSORIES:** RAPIDWHISK ATTACHMENT

## INGREDIENTS

1/2 cup all-purpose flour  
1/2 cup whole milk  
2 large eggs  
2 tablespoons granulated sugar  
1 teaspoon vanilla extract  
1/2 teaspoon kosher salt  
2 tablespoons unsalted butter

## Topping

Powdered sugar  
Fresh mixed berries

## DIRECTIONS

1. Preheat oven to 425°F. Attach the RapidWhisk attachment to the PowerBase™.
2. In a medium bowl, add the flour, milk, eggs, sugar, vanilla extract, and salt. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase speed to medium. Whisk until batter is combined, about 1 minute (batter will be thin). Set the mixture aside and allow the batter to rest for 20 minutes for gluten development.
3. While the batter is resting, place a 10-inch round baking pan or nonstick oven-safe pan in the oven to preheat.
4. After 20 minutes, remove the pan from the oven, add the butter, and swirl to evenly coat the bottom and sides.
5. Transfer the batter to the pan. Then place the pan in the oven and bake for 15-20 minutes, or until the Dutch baby is puffed up and golden brown.
6. When baking is complete, remove pan from oven and transfer the Dutch baby to a serving platter, dust with powdered sugar, and top with fresh mixed berries. Serve warm.



BREAKFAST



# LOADED BAKED POTATO SOUP

**PREP:** 20 MINUTES

**COOK:** 30 MINUTES

**MAKES:** 4-6 SERVINGS (APPROX. 2 CUPS PER SERVING)

**ACCESSORIES:** IMMERSION BLENDER ATTACHMENT

## INGREDIENTS

4 large russet potatoes (2 pounds),  
peeled, cut in 1-inch cubes  
6 strips bacon, cut in 1/2-inch pieces  
1 large white onion, peeled, small diced  
3 cloves garlic, peeled, minced  
2 tablespoons unsalted butter  
1/4 cup all-purpose flour  
3 cups chicken broth  
2 cups half-and-half  
3/4 cup sour cream  
2 cups shredded cheddar cheese,  
plus extra for garnish  
Kosher salt, as desired  
Ground black pepper, as desired  
5 green onions, thinly sliced

### IMPORTANT:

Exercise caution when blending hot ingredients to avoid splatter. Wait for ingredients to cool slightly before blending.

## DIRECTIONS

1. In a medium pot, add the potatoes and cover completely with water. Boil for 15 minutes or until fork-tender. Drain and set aside.
2. Place a large pot over medium heat. Once hot, add the bacon and cook until crisp, about 5 minutes. Transfer to a paper-towel-lined plate. Remove all but 2 tablespoons bacon grease from the pot.
3. Add the onion, garlic, and butter to the pot. Cook over medium heat until softened, about 5 minutes.
4. Once softened, add flour and cook for 2 minutes, stirring occasionally. Add the chicken broth and stir until flour is dissolved. Stir in the half-and-half and sour cream until combined.
5. Add the reserved potatoes and desired amount of salt and pepper. Remove pot from heat.
6. Attach the immersion blender attachment to the PowerBase™. Submerge the blender head in the mixture.
7. Press and hold the power button to begin blending on low, then press the variable speed button to gradually increase speed to medium. Blend for about 2 minutes or until desired consistency is achieved. Use an up-and-down motion while blending. Make sure to stop any time the blender head is no longer submerged.
8. When blending is complete, remove immersion blender from the pot and stir in the cheese. To serve, ladle the soup into bowls and top with reserved bacon, green onions, and cheese as desired.



SOUPS & SAUCES



# ROASTED SALSA VERDE

**PREP:** 10 MINUTES

**COOK:** 45 MINUTES

**MAKES:** 2 CUPS

**ACCESSORIES:** IMMERSION BLENDER ATTACHMENT

## INGREDIENTS

- 10 tomatillos, peeled, cut in quarters
- 1 white onion, peeled, roughly chopped
- 2 jalapeño peppers, ends trimmed, cut in half, seeds removed
- 3 cloves garlic, peeled
- 3 tablespoons canola oil
- Kosher salt, as desired
- Ground black pepper, as desired
- 1 cup fresh cilantro, chopped
- Juice of 1 lime

**TIP** Transfer salsa to an air-tight container and store in the refrigerator for 5-7 days.



SOUPS & SAUCES

## DIRECTIONS

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil and set aside.
2. In a large bowl, toss the tomatillos, onion, jalapeño peppers, garlic, oil, salt, and pepper until the vegetables are evenly coated. Spread the mixture on the prepared baking pan in a single layer, then place the pan in the oven to roast for 45 minutes.
3. When cooking is complete, remove the vegetables from the oven and allow to cool to room temperature. Transfer the roasted vegetables to a medium pot, then add the remaining ingredients.
4. Attach the immersion blender attachment to the PowerBase™. Submerge the blender head in the mixture.
5. Press and hold the power button, then press the variable speed button to gradually increase speed as needed. Blend for about 2 minutes or until desired consistency is achieved. Use an up-and-down motion while blending. Make sure to stop any time the blender head is no longer submerged.
6. Serve with tortilla chips or use as a sauce for tacos.

# BERRY BANANA SMOOTHIE

**PREP:** 5 MINUTES

**MAKES:** 1 SERVING

**ACCESSORIES:** IMMERSION BLENDER ATTACHMENT, BLENDING VESSEL

## INGREDIENTS

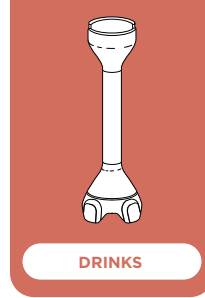
1 1/2 cups whole milk

1/2 a banana, cut in half

2 cups frozen mixed berries

## DIRECTIONS

1. Attach the immersion blender attachment to the PowerBase™.
2. Place all ingredients into the blending vessel in the order listed. Submerge the blender head in the mixture.
3. Press and hold the power button, then press the variable speed button to gradually increase speed as needed, blending for about 1–2 minutes or until desired consistency is achieved. Use an up-and-down motion while blending. Make sure to stop blending any time the blender head is no longer submerged.
4. Pour smoothie into a glass and serve immediately.



# PEACH MANGO SMOOTHIE

**PREP:** 5 MINUTES

**MAKES:** 1 SERVING

**ACCESSORIES:** IMMERSION BLENDER ATTACHMENT, BLENDING VESSEL

## INGREDIENTS

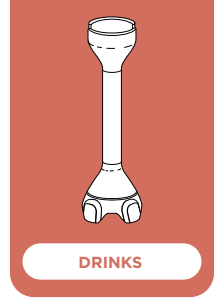
1 1/2 cups mango juice

1 cup frozen peach slices

1 cup frozen mango chunks

## DIRECTIONS

1. Attach the immersion blender attachment to the PowerBase™.
2. Place all ingredients into the blending vessel in the order listed. Submerge the blender head in the mixture.
3. Press and hold the power button, then press the variable speed button to gradually increase speed as needed, blending for about 1–2 minutes or until desired consistency is achieved. Use an up-and-down motion while blending. Make sure to stop blending any time the blender head is no longer submerged.
4. Pour smoothie into a glass and serve immediately.



**TIP** Make it dairy-free by swapping in your favorite dairy-free alternative for whole milk.



# FROZEN BLUEBERRY MOJITO

**PREP:** 5 MINUTES

**MAKES:** 1 SERVING

**ACCESSORIES:** IMMERSION BLENDER ATTACHMENT

## INGREDIENTS

1/4 cup white rum

1 tablespoon agave nectar

2 tablespoons fresh lime juice

1 cup ice cubes

6 mint leaves

1 cup blueberries

Lime wedge, for garnish

## DIRECTIONS

1. Attach the immersion blender attachment to the PowerBase™.
2. Place all ingredients into a container with tall sides in the order listed. Submerge the blender head in the mixture.
3. Press and hold the power button, then press the variable speed button to gradually increase to high and blend for about 1–2 minutes or until desired consistency is achieved. Use an up-and-down motion while blending. Make sure to stop any time the blender head is no longer submerged.
4. Pour mojito into a cocktail glass, garnish with a lime wedge, and serve.



DRINKS



# BANANA CREAM PIE

**PREP:** 10 MINUTES

**MAKES:** 8 SERVINGS

**ACCESSORIES:** RAPIDWHISK ATTACHMENT

## INGREDIENTS

1  $\frac{3}{4}$  cup whole milk

1 box (3.4 ounces) banana instant pudding mix

1  $\frac{1}{2}$  cups heavy cream

$\frac{1}{3}$  cup powdered sugar

3 bananas, sliced in  $\frac{1}{2}$ -inch rounds

1 (20-inch) premade graham cracker pie crust

## DIRECTIONS

1. Attach the RapidWhisk attachment to the PowerBase™.
2. In a medium mixing bowl, add milk and instant pudding mix.
3. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase speed to medium. Whisk until the mixture thickens slightly, about 2 minutes. Set aside.
4. In a separate medium bowl, add heavy cream and powdered sugar.
5. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase speed to medium. Whisk until stiff peaks form, about 2 minutes.
6. To make the filling, use a rubber spatula to fold  $\frac{2}{3}$  of the whipped cream mixture into the reserved pudding mixture until evenly combined. Set aside.
7. Add a single layer of banana slices to the pie crust, followed by the filling mixture, then the remaining whipped cream.
8. Top with remaining banana, then refrigerate for at least 2 hours to overnight to allow the filling to set, then slice and serve.



DESSERTS



# CHOCOLATE MOUSSE

**PREP:** 5 MINUTES

**MAKES:** 4-6 SERVINGS

**ACCESSORIES:** RAPIDWHISK ATTACHMENT

## INGREDIENTS

3 cups heavy cream

$\frac{3}{4}$  cup cocoa powder, sifted

$\frac{1}{2}$  cup powdered sugar

1 chocolate bar (3.5 ounces), grated, for garnish

## DIRECTIONS

1. Attach the RapidWhisk attachment to the PowerBase™.
2. In a large mixing bowl, add heavy cream, cocoa powder, and powdered sugar.
3. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase speed to medium. Whisk until stiff peaks form, about 2 minutes.
4. Spoon the mixture into serving bowls or glasses, top with grated chocolate, and serve immediately or keep refrigerated until serving.



DESSERTS

**TIP** Prefer a sweeter mousse? Increase powdered sugar to 1 cup.



# CLASSIC TIRAMISU

**PREP:** 20 MINUTES

**CHILL:** 4 HOURS

**MAKES:** 9-12 SERVINGS

**ACCESSORIES:** RAPIDWHISK ATTACHMENT

## INGREDIENTS

2 tablespoons unsweetened cocoa powder, divided

4 large egg yolks

1/2 cup granulated sugar, divided

1 cup heavy cream

1 container (8 ounces) mascarpone

1 3/4 cups brewed espresso or black coffee

2 tablespoons dark rum or cognac

24 ladyfingers

## DIRECTIONS

1. Dust a 9x9-inch baking dish with 1 tablespoon cocoa powder and set aside.
2. Attach the RapidWhisk attachment to the PowerBase™.
3. In a medium bowl, add the egg yolks and 1/4 cup sugar. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase to high. Whisk until the mixture has lightened in color, about 3 minutes. Set aside.
4. In a large bowl, add the heavy cream and remaining 1/4 cup sugar. Press and hold the power button to begin whisking on low, then press the variable speed button to gradually increase to high. Whisk until medium peaks have formed, about 3 minutes. Then add the mascarpone and continue whisking until evenly combined, about 2 minutes.
5. Gently fold the egg mixture into the whipped cream until evenly combined, then set aside.
6. In a shallow bowl, add the espresso and rum. Working one at a time, dip half the ladyfingers into the espresso mixture, then place in the baking dish. Top with half the mascarpone mixture.
7. Repeat with the remaining ladyfingers and mascarpone mixture. Dust the top with the remaining cocoa powder. Cover with plastic wrap and place in the refrigerator for at least 4 hours before serving.



WHISK



# NINJA<sup>®</sup> POWER DUO

**To learn how to use your PowerDuo System,  
explore additional recipes, and purchase accessories:**

VISIT  
**QR.NINJAKITCHEN.COM/POWERDUOSYSTEM**  
OR  
**SCAN HERE**



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