



The Ninja Blender Handbook: 75 Fast and Easy Recipes

Angela Brobst

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Written by the author of Test Kitchen Tuesday, this second edition Ninja Blender Handbook is updated with 75 recipes and countless tips to make the most of your Ninja Professional Blender, Ninja Kitchen System, Ninja Mega Kitchen System, or Ninja Pulse.

Written with a health-conscious lifestyle in mind, all of the "real food" recipes include Ninja-specific step-by-step instructions (including jar and blade recommendations), as well as detailed nutritional information, when appropriate.

In addition to recipes, the book includes directions for making kitchen staples such as nut butters and various flours, as well as a dedicated section on juicing, and a troubleshooting and FAQs section.

*Please note: This book does not have specific instructions for the Ninja Ultima at this time, though the recipes included will work with the Ninja Ultima model.



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