Follow these steps for the best results.



5 **Finish** with ice or frozen ingredients.

4 Then add dry or sticky ingredients like seeds, protein powders, & nut butters.

3 Then add leafy greens.

2 Next add fresh fruits.



1 **Start** by adding liquid to the **MIN LIQUID** (175ml) line.

NINJA BLAST™
PORTABLE BLENDER

Tips & tricks for best results

DO NOT blend without ingredients or without lid.
DO NOT go past **MAX FILL** line when loading vessel.

For best results, **fully charge** blender (about 2 hours) before first use

Start with adding liquid to the **MIN LIQUID** (175ml) line.

NOTE: If using more frozen ingredients, add more liquid.

Add fresh ingredients, powders, and nut butters before frozen ingredients.

Shake, shake, shake to help move stuck ingredients while blending.

NOTE: If still too thick, add more liquid

For a quick clean, blend water (up to **MIN LIQUID**) and a drop of washing-up liquid.

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