

Call Me Popeye



Ingredients

- 2 pitted- dates, cut in half
- 1 stalk celery
- 1 ripe kiwi
- 2 cups Kale – loosely packed
- 1 ½ cups hazel milk (or almond)
- 1 cup ice

Directions

1. Soak dates in 1 cup of warm water for 30 minutes to soften.
2. Drain dates after 30 minutes, set aside.
3. Cut celery into quarters.
4. Peel Kiwi, cut into quarters.
5. Place all ingredients in the Ninja 24 ounce cup and blend for 25 seconds.
6. Serve cold.

Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451

Lean Green Ninja

Ingredients

- ½ cup pineapple
- ½ cup fresh mango
- ½ cup ripe banana
- ¼ cup packed baby spinach
- ½ cup water
- 1 cup ice



Directions

1. If using fresh pineapple, cut into chunks – you can use canned chunk or tidbit pineapple.
2. Wash and peel mango, but into chunks.
3. Wash and pat dry spinach and kale.
4. Remove stems from kale – then chop.
5. Peel banana, cut in half.
6. Place all ingredients in the Ninja 24-ounce cup and blend for 25 seconds.



Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451