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Every product is independently reviewed and selected by our editors. If you buy something through our links, we may earn an affiliate commission at no extra cost to you. Are you looking to upgrade your smoothie game and take your nutrition to the next level? The Ninja Foodi Blender is the perfect appliance to help you blend, mix, and puree your favorite ingredients into delicious and nutritious smoothies. Whether youre seeking a refreshing breakfast, a post-workout fuel, or a midday energy boost, smoothies are an easy and delicious way to pack in nutrients. With its powerful motor and versatile design, the Ninja Foodi Blender allows you to create a wide variety of smoothies, from creamy to fruity, protein-packed to detoxifying. To help you get started, weve rounded up 28+ Ninja Foodi Blender smoothie recipes, each designed to fuel your body and satisfy your taste buds. In this blog post, youll find smoothie recipes for all kinds of dietary needs and flavor preferences. From classic combinations like strawberry banana to exotic blends featuring tropical fruits, these recipes are perfect for anyone looking to blend up something new and exciting. Lets dive into these refreshing, nutrient-rich smoothies that are bound to become your new favorite go-to drinks! With 28+ Ninja Foodi Blender smoothie recipes to choose from, theres no reason to stick to the same old blends. From detoxifying green smoothies to creamy dessert-inspired treats, the possibilities are endless with the Ninja Foodi Blender. Its not just about blending; its about creating a variety of flavors, textures, and nutritional profiles that suit your personal tastes and lifestyle. Whether youre a health-conscious smoothie enthusiast or simply looking for something tasty, these recipes will help you craft the perfect drink every time. So, grab your Ninja Foodi Blender, get creative, and start blending your way to better health today! This Green Energy Booster Smoothie is the perfect way to start your morning or power through an afternoon slump. Packed with nutrient-rich leafy greens, vibrant tropical fruits, and a kick of matcha, this smoothie is both delicious and revitalizing. The Ninja Foodi blender ensures a velvety smooth texture, making it a delightful treat youll look forward to every day. Ingredients: 1 cup fresh spinach 1 cup kale leaves (stems removed) 1 banana, frozen 1/2 cup pineapple chunks, frozen 1/2 cup mango chunks, frozen 1 teaspoon matcha powder 1 tablespoon chia seeds 1/2 cup unsweetened almond milk (or your favorite milk alternative) 1/2 cup water 1 tablespoon honey or maple syrup (optional) Instructions: Add spinach, kale, and liquid ingredients (almond milk and water) to your Ninja Foodi blender. Blend on high until smooth. Add the frozen banana, pineapple, mango, matcha powder, chia seeds, and sweetener (if using). Blend on the smoothie setting until creamy and smooth. Pour into a glass and enjoy immediately! This Green Energy Booster Smoothie is a nutritional powerhouse thats as tasty as it is energizing. Whether youre fueling up before a busy day or recharging post-workout, this blend will leave you feeling refreshed and ready to conquer whatever comes your way. Start your day with a burst of tropical sunshine! The Tropical Sunrise Immunity Smoothie is a vibrant blend of citrus, carrots, and creamy coconut that brings together flavors and nutrients for a healthy immune boost. Perfect for brightening up even the cloudiest mornings, this smoothie is your go-to for staying strong and feeling great year-round. Ingredients: 1 orange, peeled and segmented 1/2 cup fresh pineapple chunks 1/2 cup carrot juice (or 1 medium carrot, peeled and chopped) 1/4 cup Greek yogurt (plain or coconut-flavored) 1/2 cup coconut water 1 teaspoon grated fresh ginger 1/2 teaspoon turmeric powder 1 tablespoon honey (optional) 1/2 cup ice Instructions: Add orange, pineapple, carrot juice (or carrot), coconut water, and ginger to the Ninja Foodi blender. Blend until smooth. Add Greek yogurt, turmeric, honey (if using), and ice. Blend on the smoothie setting until frothy and well-combined. Pour into a tall glass and garnish with a slice of orange or a sprinkle of turmeric if desired. This Tropical Sunrise Immunity Smoothie doesnt just taste amazing; its packed with vitamins, antioxidants, and anti-inflammatory ingredients. With every sip, youll be treating your body to a dose of sunshine and wellness, ensuring you feel your best no matter the season. Looking for a post-workout recovery drink or a meal replacement that satisfies? The Creamy Berry Protein Blast is your answer. Loaded with juicy berries, creamy nut butter, and a punch of protein, this smoothie offers the perfect balance of taste and nutrition. Thanks to the Ninja Foodi blender, the blend is silky smooth and utterly indulgent. Ingredients: 1/2 cup strawberries, fresh or frozen 1/2 cup blueberries, fresh or frozen 1/2 cup raspberries, fresh or frozen 1 scoop vanilla protein powder 1 tablespoon almond butter (or peanut butter) 1/2 cup unsweetened almond milk 1/2 cup plain Greek yogurt 1 teaspoon vanilla extract 1/2 cup ice Instructions: Add all ingredients to the Ninja Foodi blender, starting with the almond milk and Greek yogurt for easier blending. Blend on the smoothie setting until the mixture is creamy and lump-free. Pour into your favorite glass and top with a few fresh berries or a drizzle of nut butter for extra flair. The Creamy Berry Protein Blast is more than just a smoothieits a satisfying treat that supports your health and fitness goals. Whether you need a nutritious breakfast, a quick snack, or a recovery shake, this delicious recipe will keep you energized and feeling great. If youre a fan of chocolate and peanut butter, this smoothie is a dream come true. The rich, indulgent flavor of cocoa combined with the creamy peanut butter makes this smoothie feel like a decadent dessert, while the added protein powder and Greek yogurt give it a nutritional boost. Perfect for a post-workout treat or a satisfying breakfast, this smoothie will fuel your day without the guilt. Ingredients: 1 tablespoon unsweetened cocoa powder 1 tablespoon peanut butter (or almond butter) 1 scoop chocolate protein powder 1/2 cup plain Greek yogurt 1/2 cup almond milk (or your choice of milk) 1/2 banana, frozen 1/2 cup ice 1 teaspoon honey or maple syrup (optional) Instructions: Add all ingredients to your Ninja Foodi blender, starting with the liquid and yogurt for easier blending. Blend on the smoothie setting until smooth and creamy. Pour into a glass and enjoy! Garnish with a sprinkle of cocoa or a few chopped peanuts for extra flavor if desired. The Chocolate Peanut Butter Protein Smoothie is the ultimate treat that satisfies both your sweet tooth and your nutritional needs. With protein to help muscle recovery and healthy fats from peanut butter, this smoothie makes indulging guilt-free. This Avocado Lime Smoothie is a refreshing and creamy treat, perfect for those looking for a nutrient-dense yet light option. With the smooth texture of avocado, the tartness of lime, and the subtle sweetness of honey, this smoothie will leave you feeling revitalized. Ideal for hot summer days or whenever you need a refreshing, creamy pick-me-up! Ingredients: 1/2 avocado, peeled and pitted Juice of 1 lime 1/2 cup coconut water 1 tablespoon honey or agave syrup 1/2 cup spinach (optional for added greens) 1/2 cup ice 1/4 cup water (or more for desired consistency) Instructions: Place avocado, lime juice, coconut water, honey, and spinach (if using) into the Ninja Foodi blender. Add ice and blend until smooth and creamy. Add water as needed to reach the desired consistency. Pour into a glass and serve immediately with a slice of lime for garnish. This Avocado Lime Smoothie is perfect for those who love fresh, creamy, and slightly tart flavors. With the healthy fats from avocado and the natural hydration from coconut water, this smoothie provides the perfect balance of nutrients to hydrate and refresh you at any time of day. This Sweet and Spicy Mango Smoothie combines the tropical sweetness of ripe mango with a kick of heat from cayenne pepper and ginger, creating an unexpected but delightful flavor combination. Not only is it tasty, but the anti-inflammatory properties of ginger and the metabolism-boosting benefits of cayenne make this smoothie a great choice for those looking to spice up their smoothie routine. Ingredients: 1 cup mango chunks (fresh or frozen) 1/2 banana, frozen 1/2 cup coconut milk (or almond milk) 1/2 teaspoon ground ginger 1/4 teaspoon cayenne pepper (adjust to taste) 1 tablespoon honey or agave syrup 1/2 cup ice Instructions: Add mango, banana, coconut milk, ground ginger, cayenne pepper, and honey into your Ninja Foodi blender. Blend on high until smooth and creamy. Taste and adjust sweetness or spice levels if desired, adding more honey or cayenne. Pour into a glass and garnish with a sprinkle of cayenne or a mango slice. This Sweet and Spicy Mango Smoothie is a unique flavor explosion that combines sweetness and heat in the best way possible. Its a great way to switch up your usual smoothie routine, providing not only delicious flavors but also a boost of metabolism-boosting ingredients. Its a perfect way to enjoy a little heat while reaping the benefits of a supercharged smoothie! Craving the comforting taste of oatmeal cookies but want something a bit healthier? This Creamy Oatmeal Cookie Smoothie delivers all the delicious flavors of an oatmeal cookiecinnamon, oats, and vanillawhile providing a nutritious boost. Ideal for breakfast or an afternoon snack, this smoothie is full of fiber, protein, and heart-healthy ingredients. Ingredients: 1/2 cup rolled oats 1/2 banana, frozen 1/2 teaspoon ground cinnamon 1/4 teaspoon vanilla extract 1 scoop vanilla protein powder 1/2 cup almond milk 1 tablespoon almond butter or peanut butter 1/2 cup ice 1 teaspoon honey (optional) Instructions: Add oats, banana, cinnamon, vanilla extract, protein powder, almond milk, and almond butter into the Ninja Foodi blender. Blend until smooth and creamy, adding more liquid as needed. Taste and add honey for sweetness if desired. Pour into a glass, sprinkle with extra cinnamon, and enjoy! The Creamy Oatmeal Cookie Smoothie is a cozy, indulgent treat that satisfies cravings without the guilt. Thanks to the oats and protein powder, its also a filling and nourishing choice for a quick breakfast or an afternoon snack. With its sweet, comforting flavor and smooth texture, this smoothie is perfect for those who love the warmth of oatmeal cookies. This Pear and Cinnamon Detox Smoothie is a refreshing way to cleanse and refresh your body. Packed with fiber, vitamins, and the natural sweetness of pears, this smoothie is not only delicious but also supports digestion and detoxification. A dash of cinnamon adds a warming spice, making this smoothie the perfect addition to your wellness routine. Ingredients: 1 ripe pear, cored and chopped 1/2 banana, frozen 1/2 teaspoon ground cinnamon 1/2 tablespoon lemon juice 1 tablespoon chia seeds 1/2 cup almond milk 1/4 cup water 1 teaspoon honey (optional) 1/2 cup ice Instructions: Add pear, banana, cinnamon, lemon juice, and chia seeds to your Ninja Foodi blender. Add almond milk, water, and ice, and blend until smooth. Taste and adjust sweetness with honey if desired. Pour into a glass, sprinkle with cinnamon, and enjoy! This Pear and Cinnamon Detox Smoothie is a light yet satisfying option to support your digestive health. The fiber from the pear and chia seeds helps with cleansing, while the cinnamon adds a delicious flavor and supports blood sugar balance. Its the perfect smoothie for anyone looking to rejuvenate and nourish their body! The Apple Cinnamon Breakfast Smoothie is a warming, comforting drink that brings together the classic flavors of apples and cinnamon. Full of fiber, antioxidants, and protein, this smoothie provides the perfect start to your day. Whether youre in a rush or looking for a nutritious breakfast, this smoothie has you covered with its sweet, cozy flavors and nutrient-packed ingredients. Ingredients: 1 medium apple, cored and chopped 1/2 banana, frozen 1/2 teaspoon ground cinnamon 1/2 teaspoon vanilla extract 1 tablespoon flaxseeds 1 scoop vanilla protein powder 1/2 cup almond milk (or your preferred milk) 1/2 cup oats 1/2 cup ice Instructions: Add apple, banana, cinnamon, vanilla extract, flaxseeds, protein powder, oats, almond milk, and ice into the Ninja Foodi blender. Blend on high until smooth and creamy. Pour into a glass and sprinkle a little extra cinnamon on top for added flavor. This Apple Cinnamon Breakfast Smoothie is the ideal way to enjoy a healthy, satisfying breakfast that reminds you of your favorite morning oatmeal. With protein, fiber, and healthy fats, this smoothie will keep you full for hours, providing you with energy and nutrients to kick-start your day. The Cucumber Mint Detox Smoothie is a refreshing, hydrating blend of cooling cucumber and mint with a hint of citrus. Packed with antioxidants and hydrating ingredients, this smoothie supports your bodys natural detox processes while refreshing your palate. Its the perfect choice for a light, refreshing treat after a workout or as part of your wellness routine. Ingredients: 1/2 cucumber, peeled and sliced 1/4 cup fresh mint leaves 1/2 cup coconut water 1 tablespoon lemon juice 1/2 tablespoon honey or agave syrup (optional) 1/2 cup spinach (optional for added greens) 1/2 cup ice Instructions: Place cucumber, mint, coconut water, lemon juice, spinach (if using), and honey into the Ninja Foodi blender. Add ice and blend until smooth. Pour into a glass and garnish with a sprig of mint or a slice of cucumber for added flair. The Cucumber Mint Detox Smoothie is a light, refreshing option that offers a revitalizing burst of hydration and nutrients. With its cooling properties and digestive benefits, its a fantastic way to kickstart your bodys natural detoxification process while enjoying a tasty, refreshing treat. Brighten your day with this tropical-inspired Strawberry Kiwi Sunshine Smoothie! The combination of tangy kiwi and sweet strawberries delivers a burst of vitamin C, making this smoothie perfect for boosting immunity. The added Greek yogurt brings a creamy texture and a touch of protein, making it an excellent snack or light breakfast to help you feel your best. 1/2 cup strawberries, fresh or frozen 2 ripe kiwis, peeled and chopped 1/2 banana, frozen 1/2 cup Greek yogurt (plain or flavored) 1/2 cup orange juice 1 tablespoon honey or agave syrup (optional) 1/2 cup ice Instructions: Add strawberries, kiwis, banana, Greek yogurt, orange juice, and honey to your Ninja Foodi blender. Add ice and blend until smooth and creamy. Pour into a glass and garnish with extra kiwi slices or a few whole strawberries. This Strawberry Kiwi Sunshine Smoothie is an energizing and immune-boosting drink that combines the bright flavors of strawberries and kiwis with the creaminess of yogurt. Its an excellent way to enjoy a sweet, tangy smoothie while reaping the health benefits of its vitamin-rich ingredients. Indulge in the flavors of fall with the Sweet Potato Pie Smoothie! Packed with warm spices like cinnamon and nutmeg, this smoothie combines the natural sweetness of roasted sweet potato with creamy almond milk to create a comforting, dessert-like treat. Its a healthy yet decadent way to enjoy the flavors of sweet potato pie in smoothie form, ideal for breakfast or a wholesome snack. Ingredients: 1/2 cup cooked and mashed sweet potato (cooled) 1/2 teaspoon ground cinnamon 1/4 teaspoon ground nutmeg 1/2 teaspoon vanilla extract 1 tablespoon maple syrup 1/2 cup almond milk (or your preferred milk) 1/2 cup Greek yogurt (optional for creaminess) 1/2 cup ice Instructions: Add sweet potato, cinnamon, nutmeg, vanilla extract, maple syrup, almond milk, and Greek yogurt to the Ninja Foodi blender. Blend until smooth and creamy, adjusting sweetness as needed. Pour into a glass and enjoy! You can sprinkle a little extra cinnamon or nutmeg on top for a festive touch. This Sweet Potato Pie Smoothie is a delicious and comforting way to enjoy the flavors of sweet potato pie in a healthier form. Rich in fiber and vitamins, it provides the creamy texture of a dessert while also offering nutritional benefits, making it a perfect fall-inspired treat any time of year. If youre in the mood for a sweet yet healthy smoothie, the Choco-Banana Delight Smoothie is the way to go. With the perfect balance of rich cocoa and the natural sweetness of banana, this smoothie offers a decadent flavor without the added sugar. The addition of protein powder and Greek yogurt ensures a creamy texture and a satisfying protein boost, making this the ideal post-workout treat. Ingredients: 1 banana, frozen 1 tablespoon unsweetened cocoa powder 1 scoop chocolate or vanilla protein powder 1/2 cup Greek yogurt (plain) 1/2 cup almond milk 1/4 teaspoon vanilla extract 1/2 tablespoon honey or maple syrup (optional) 1/2 cup ice Instructions: Add banana, cocoa powder, protein powder, Greek yogurt, almond milk, vanilla extract, and honey into the Ninja Foodi blender. Blend on high until smooth and creamy. Pour into a glass and top with a sprinkle of cocoa powder or some mini chocolate chips for extra flair. The Choco-Banana Delight Smoothie is the perfect combination of indulgence and nutrition. With its creamy texture and rich chocolatey flavor, this smoothie satisfies cravings while also delivering a healthy dose of protein. Its a great choice for a post-workout treat or a sweet breakfast without the guilt. Transport yourself to a tropical paradise with the Mango Coconut Protein Smoothie. Combining the creamy richness of coconut with the sweet, juicy flavor of mango, this smoothie is a tropical delight. Its packed with protein, healthy fats, and vitamins, making it the perfect way to refuel after a workout or enjoy as a light breakfast. Ingredients: 1/2 cup mango chunks (fresh or frozen) 1/2 cup coconut milk (or coconut water) 1 scoop vanilla protein powder 1 tablespoon shredded coconut (unsweetened) 1/2 banana, frozen 1/2 cup Greek yogurt (optional for extra creaminess) 1/2 cup ice Instructions: Add mango, coconut milk, protein powder, shredded coconut, banana, and Greek yogurt (if using) to your Ninja Foodi blender. Blend on high until smooth and creamy. Pour into a glass and garnish with shredded coconut or a slice of mango for added tropical flair. The Mango Coconut Protein Smoothie is a refreshing and tropical way to fuel your body. With its creamy texture and vitamin-packed ingredients, its the ideal smoothie for those craving something light but satisfying. Its perfect for keeping you energized and refreshed, whether youre working out or just enjoying a sunny day! The Pear Ginger Turmeric Smoothie is a wonderfully refreshing drink packed with anti-inflammatory properties from turmeric and ginger, alongside the sweet, hydrating goodness of pears. This smoothie offers a burst of flavor with its zesty, slightly spicy kick while also providing a multitude of health benefits. Its the ideal drink to start your morning or rejuvenate your afternoon. Ingredients: 1 ripe pear, cored and chopped 1/2 inch piece fresh ginger, peeled 1/2 teaspoon turmeric powder 1/2 cup coconut water 1 tablespoon honey or agave syrup (optional) 1/4 cup Greek yogurt (optional for added creaminess) 1/2 cup ice Instructions: Add pear, ginger, turmeric powder, coconut water, and honey into your Ninja Foodi blender. Blend on high until smooth and creamy. Taste and adjust sweetness with more honey if desired. Pour into a glass and enjoy with a sprinkle of turmeric for extra flavor. This Pear Ginger Turmeric Smoothie is a healthy, immune-boosting drink that delivers powerful anti-inflammatory benefits. Its a perfect blend of sweet and spicy flavors, making it not only delicious but also a great choice for anyone looking to enhance their wellness routine. Transport yourself to the tropics with this Pineapple Coconut Breeze Smoothie. Combining sweet pineapple, creamy coconut milk, and a hint of lime, this smoothie is a refreshing, hydrating treat. Packed with vitamin C, its perfect for boosting your immunity while offering a delightful tropical flavor. Its the ultimate beachy drink for any time of day! Ingredients: 1 cup pineapple chunks (fresh or frozen) 1/2 cup coconut milk (or coconut water) Juice of 1/2 lime 1 tablespoon shredded coconut (unsweetened) 1/2 banana, frozen 1/2 cup ice Instructions: Add pineapple, coconut milk, lime juice, shredded coconut, banana, and ice into your Ninja Foodi blender. Blend until smooth and creamy. Pour into a glass and garnish with a slice of pineapple or a sprinkle of shredded coconut. The Pineapple Coconut Breeze Smoothie is the perfect tropical escape in a glass. Whether youre enjoying it as a morning boost or a midday pick-me-up, this smoothie will refresh you and leave you feeling hydrated and rejuvenated. This Blueberry Almond Bliss Smoothie combines the antioxidant-rich power of blueberries with the creamy goodness of almond butter, offering a smooth, delicious drink. Packed with healthy fats, fiber, and protein, this smoothie is perfect for fueling your day while providing a satisfying, naturally sweet flavor. Ingredients: 1/2 cup blueberries (fresh or frozen) 1 tablespoon almond butter 1/2 banana, frozen 1/2 cup unsweetened almond milk 1 scoop vanilla protein powder (optional) 1 tablespoon chia seeds 1/2 cup ice Instructions: Add blueberries, almond butter, banana, almond milk, protein powder (if using), and chia seeds to your Ninja Foodi blender. Blend until smooth and creamy, adding more almond milk if necessary. Pour into a glass and garnish with extra blueberries or a sprinkle of chia seeds for added texture. The Blueberry Almond Bliss Smoothie is a nourishing, antioxidant-packed treat thats as satisfying as it is nutritious. With the creamy almond butter and protein boost, its the perfect smoothie to keep you energized throughout the day, whether for breakfast or a quick snack. Refresh your body with the Papaya Mint Detox Smoothie. Papaya is known for its digestive enzymes, and when combined with the cooling sensation of mint, this smoothie provides a refreshing, cleansing experience. Its perfect for those looking to support digestion and hydration, making it an excellent post-meal drink or morning boost. Ingredients: 1/2 papaya, peeled and chopped 1/4 cup fresh mint leaves 1/2 cup coconut water 1 tablespoon honey or agave syrup (optional) 1/2 cup spinach (optional) 1/2 cup ice Instructions: Add papaya, mint leaves, coconut water, honey, and spinach (if using) to your Ninja Foodi blender. Blend until smooth and creamy. Add ice and blend again until frothy and chilled. Pour into a glass and garnish with a sprig of mint. The Papaya Mint Detox Smoothie is the ultimate digestive and hydrating drink, filled with nutrients that support your bodys natural detox processes. Its light, refreshing, and full of flavor, making it the perfect smoothie to reset and recharge. The Cherry Almond Recovery Smoothie is an excellent choice for post-workout recovery, combining the anti-inflammatory benefits of cherries with the nourishing properties of almond butter. With added protein, fiber, and healthy fats, this smoothie supports muscle repair and provides a creamy, sweet flavor that feels like a treat. Ingredients: 1/2 cup cherries (fresh or frozen) 1 tablespoon almond butter 1 scoop vanilla protein powder 1/2 cup unsweetened almond milk 1/2 banana, frozen 1 tablespoon chia seeds 1/2 cup ice Instructions: Add cherries, almond butter, protein powder, almond milk, banana, chia seeds, and ice into the Ninja Foodi blender. Blend on high until smooth and creamy. Pour into a glass and enjoy! The Cherry Almond Recovery Smoothie is a fantastic post-workout drink that helps repair muscles while satisfying your taste buds. With its natural sweetness and protein boost, this smoothie is perfect for replenishing energy levels and keeping you feeling strong. This Lemon Poppy Seed Smoothie takes the classic flavor of lemon poppy seed muffins and turns it into a healthy, refreshing drink. Packed with vitamin C and fiber, this smoothie is an excellent choice for those looking to start their day with a zesty, nutrient-rich treat. The addition of chia seeds gives it a satisfying texture and extra health benefits. Ingredients: 1/2 cup Greek yogurt (plain) Juice of 1 lemon 1 tablespoon chia seeds 1 teaspoon poppy seeds 1 tablespoon honey or maple syrup (optional) 1/2 cup unsweetened almond milk 1/2 cup ice Instructions: Add Greek yogurt, lemon juice, chia seeds, poppy seeds, honey, and almond milk into your Ninja Foodi blender. Blend until smooth and creamy. Add ice and blend again for a frothy finish. Pour into a glass and enjoy, garnishing with a sprinkle of poppy seeds if desired. The Lemon Poppy Seed Smoothie is a zesty, nutrient-packed smoothie that combines the bright flavor of lemon with the satisfying crunch of poppy seeds. Perfect for those who love citrus flavors, its an energizing way to start your day while enjoying the benefits of protein, fiber, and healthy fats. Note: More recipes are coming soon! Whether youre seeking a quick and nutritious breakfast, a refreshing afternoon pick-me-up, or an indulgent evening treat, our recipes will guide you towards creating delectable and healthy smoothies. Use a variety of fruits and vegetables, such as berries, bananas, spinach, kale, and cucumbers, to create a balanced and nutritious smoothie. You can also add a scoop of protein powder or a tablespoon of nut butter for extra thickness.Discover the world of culinary delights with our curated collection of recipes for the Ninja Smoothie Maker. From refreshing morning boosts to indulgent evening treats, this versatile appliance empowers you to create an array of smoothies that cater to your every craving.Morning Energy BoostersGreen Goddess Smoothie:1 cup spinach1/2 cup frozen banana1/2 cup frozen mango1/2 cup pineapple chunks1/2 cup coconut water1 tablespoon chia seedsTropical Sunrise Smoothie:1 cup frozen pineapple1 cup frozen mango1 cup orange juice1/2 cup plain yogurt1 tablespoon honey1/4 teaspoon ground turmericAntioxidant-Rich DelightsAcai Berry Blast Smoothie:1/2 cup frozen acai berries1/2 cup frozen strawberries1/2 cup frozen blueberries1 cup almond milk1/2 cup plain yogurt1 tablespoon peanut butterSuperfood Smoothie: 1 cup kale1 cup spinach1/2 cup frozen raspberries1/2 cup frozen blueberries1/2 cup coconut water1 tablespoon spirulina powderProtein-Packed PowerhousesBanana-Peanut Butter Smoothie:1 cup frozen banana1/2 cup plain yogurt1/2 cup milk2 tablespoons peanut butter1 tablespoon honey1/4 teaspoon vanilla extractChocolate-Whey Protein Smoothie:1 cup frozen strawberries1/2 cup frozen banana1 scoop whey protein powder1 cup milk1 tablespoon cocoa powder1/2 teaspoon peanut butterRefreshing HydratorsWatermelon-Cucumber Smoothie:2 cups cubed watermelon1 cup chopped cucumber1/2 cup mint leaves1/2 cup lime juice1 tablespoon honeyPineapple-Coconut Smoothie:1 cup frozen pineapple1 cup coconut milk1/2 cup lime juice1 tablespoon shredded coconut1/4 teaspoon vanilla extractIndulgent Evening TreatsBerry-Banana Smoothie:1 cup frozen berries (strawberries, blueberries, raspberries)1 cup frozen banana1/2 cup milk1/2 cup plain yogurt2 tablespoons honey1/4 teaspoon vanilla extractChocolate-Strawberry Smoothie: 1 cup frozen strawberries1/2 cup frozen banana1/2 cup milk1/4 cup cocoa powder2 tablespoons peanut butter1/4 teaspoon vanilla extractTips for Using Your Ninja Smoothie MakerUse frozen fruits and vegetables for a thicker, creamier texture.Add liquids gradually to adjust consistency.Experiment with different combinations of fruits, vegetables, and flavors.Clean the blender thoroughly after each use to maintain its performance.The Joy of Smoothie MakingWith the Ninja Smoothie Maker as your culinary companion, you can embark on a journey of endless flavor possibilities. Whether youre seeking a quick and nutritious breakfast, a refreshing afternoon pick-me-up, or an indulgent evening treat, our recipes will guide you towards creating delectable and healthy smoothies.ConclusionUnlock the potential of your Ninja Smoothie Maker with our comprehensive collection of recipes. From invigorating morning boosters to satisfying evening delights, our smoothies cater to every taste and dietary preference. Embrace the joy of smoothie making and elevate your culinary adventures to new heights of flavor and nourishment.FAQQ: What are the best fruits and vegetables to use in smoothies?A: Use a variety of fruits and vegetables, such as berries, bananas, spinach, kale, and cucumbers, to create a balanced and nutritious smoothie.Q: How do I make a smoothie that is thick and creamy?A: Use frozen fruits and vegetables, and add liquids gradually to adjust consistency. You can also add a scoop of protein powder or a tablespoon of nut butter for extra thickness.Q: How often should I clean my Ninja Smoothie Maker?A: Clean the blender thoroughly after each use to maintain its performance and prevent bacteria buildup. Rinse all parts with warm water and soap, and use the cleaning cycle feature if available. How can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of EditorsPicks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? Our experts explainhow.Learn MoreThe Motorsport Images Collections captures events from 1895 to todays most recentcoverage.Discover The CollectionCurated, compelling, and worth your time. 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Oh, and its not only smoothie recipes here! I have a couple of fun options you might not see coming. Any child of the 80s or 90s can tell you that orange creamsicles are the bomb. (A little 90s throwback for you.) And this smoothie tastes just like an orange creamsicle. Its fresh, packed with vitamin C, and has that smooth, creamy vanilla and orange juice flavor that made creamsicles so delicious. Youll also get hints of bananas and peaches, which will make it taste even better. Green smoothies are somewhat hit or miss in my experience. Sometimes, they taste good, and at other times, you just have to close your eyes, hold your nose, and knock them back. This six-ingredient green smoothie is one of the good ones. Youll make it with spinach, kale, unsweetened almond milk, frozen tropical fruit mix (mangoes, kiwi, pineapples), ginger, and lemon juice. The ginger adds some depth to the overall taste, and the tropical fruit medley drowns out the bitterness from the spinach and kale. It may be green, but it tastes tropical sunshine yellow. Speaking of sunshine yellow, this sunrise super smoothie is a lightly sweet, orangey-yellow treat thats a great way to start your morning. Packed with protein, healthy fats, and enough citrus and pineapple to make it tasty, this is one smoothie that even the staunchest anti-smoothie individuals could enjoy. The pink and green double layers of this smoothie will make you think of watermelons, but there are no watermelons in this seven-ingredient breakfast smoothie. There are, however, strawberries, a pineapple, banana, apple juice, honey, milk, and kale. It tastes so sweet and enjoyable that its hard to believe its good for you. And dont worry about the green layer on top. Thats where most of the pineapple and banana end up, so its more tropical than healthy (at least as far as taste is concerned). If you prefer your smoothies with a little less fruit and a lot more chocolate, this Almond Joy smoothie is probably more your speed. You can whip it up in your Ninja Blender in just 5 minutes, and all youll need is coconut milk, raw almonds, cacao powder, spinach, coconut extract, shredded coconut, banana, ice, and honey. Its sweet, chocolatey, and full of coconut and almond yumminess just like a real Almond Joy should be! Whether you drink it first thing in the morning or enjoy it as a healthy dessert alternative, you wont be disappointed. Most apple butter recipes call for long cooking times. Thats how you get the best flavor. But if youre in a rush, just use the Ninja blender! Cook the apples with raisins for added sweetness until soft. Then blitz them until smooth. Easy peasy! Heres another gorgeous purple drink; youll make this one with cherries, bananas, spinach, almond milk, and ice. Its nowhere near as tart as the blueberry smoothie, but it has a light sweetness thats just as tasty in its own way. The cherries and banana arent quite enough to completely mask the spinach, in my opinion, so I always add a dash or two of honey, as well. This smoothie contains a lot of ingredients, and its definitely the kind of smoothie that you want a high-powered blender like the Ninja Blender to make. Its a bright green, ginger-heavy drink thats a bit of an acquired taste. Ill be honest. Its not the smoothie for everyone, but itll give you all kinds of amazing health benefits if you do like it. This one may not have quite as many health benefits, but thanks to the four different berries, pineapple, and nonfat frozen yogurt, it has a ton of antioxidants and vitamins. If you like your smoothies fruity and sweet, this one is a great option. Between the blueberries, pineapple, raspberries, strawberries, and goji berries, theres plenty of fruity goodness in it. Heres another 5-minute, Ninja-specific recipe that will load you up with antioxidants. Youll make it with an apple, blueberries, celery, red cabbage, watermelon, water, and ice. Its lightly sweet, has just a hint of tanginess, and has an underlying earthiness from the veggies that doesnt dampen the overall brightness of the drink. If youre looking for a way to add more veggies to your diet and dont mind tasting them just a little, this smoothie is an excellent choice. This brownish-orange smoothie isnt one of the prettiest on our list, but it does work wonders if youre looking to boost your immune system and fight off illnesses. It has a unique, bittersweet taste thatll almost remind you of drinking a cocktail, only smoother and creamier. The kiwi and tangerines add a bright burst of sweetness. The grapefruit and goji berries, on the other hand, help tame those vibrant flavors somewhat. Still, its not a bad-tasting drink, and it has numerous benefits that may help you feel better. The stress buster orange smoothie may look like an incredibly thick glass of pulpy orange juice, but theres a bit more to it than that. There is orange juice in the smoothie, as well as an actual orange, but youll also add bananas, almond milk, vanilla extract, ice, and a carrot. You cant taste the carrot underneath all the fruit, but it does lend itself nicely to the color of the drink, which becomes a sharper, brighter orange after you add it. Its a tasty drink thats great for fighting off colds, as its packed with vitamins B and C, beta-carotene, potassium, fiber, and calcium. This green smoothie is tarter and tangier than most. Youll add a half-cup of spinach, but youll barely taste it under the kiwi, banana, white grape juice, honey, and ice. Its a lovely green, sweet and sour smoothie thats perfect for breakfast, lunch, or dinner. This hot pink smoothie is one of my favorites on the entire list, and if you like a mixture of tropical and tangy flavors, then youll love it, too. Youll start with a base of coconut milk and crushed ice, and to that, youll add frozen mixed berries, a frozen banana, Greek yogurt, and shredded coconut flakes. The coconut and banana flavors come through strongly enough to have you singing about pina coladas and getting caught in the rain, but the berries add lots of tart tanginess, as well. Of all the fun, flavorful ways to start your morning, this one is hard to top. Brownies in a blender? Wait black bean brownies in a blender? Come on, you have to try this! These babies are rich, fudgy, and a dream come true for chocolate lovers. Better yet, theyre gluten-free to boot. Add plenty of chocolate chips, and try to resist a second (or third!). This creamy, icy shake is a fantastic way to add more protein into your diet, no matter what meal youre using it to replace. I love this one because Ive never been able to find a protein powder that I like. Whether its the taste or texture, theres always something about all of them thats just not pleasing to my tastebuds. With this one, though, I cant taste (or feel) the powder at all. Instead, I taste bananas, mangoes, oranges, and just a hint of cinnamon. Its a truly delightful way to start the day. The Ninja Blender raspberry mint lemonade smoothie is a tart and tangy, cool, and slushy treat that everyone from kids to grandparents will love. Youll use frozen raspberries, mint leaves, club soda, lemonade, powdered sugar, and ice. Honestly, all it needs is a little dash of vodka or rum, and youd have a fantastic summer cocktail on your hands. Still, this non-alcoholic version is just as amazingly yummy and refreshing, though it wont, of course, get you buzzed. (It may give you a sugar high, though!) Ninja Blenders are a line of very well engineered professional blenders that have become extremely popular among home smoothie and juice making aficionados. Unlike typical juicers, Ninja Professional Blenders, such as the Ninja Mega Kitchen System, allow you to blend whole fruits & vegetables into delicious & healthy drinks without leaving behind the pulp. This is important as the pulp and fiber are generally the healthiest part of any smoothie and pack the most nutrients.Ninja Blenders allow you to simply place your favorite fruits & vegetables whole into the blender with the need for peeling or further preparation. This creates delicious juices that include the nutritious fiber. Nothing is removed and nothing is wasted.Ninja Kitchen Products recommends the smoothie recipes listed below to increase vitality and get your juices flowing. For speciality ingredients not typically found at your neighborhood grocery, we have included links to suggested products for your convenience. However, we recommend that you purchase as much fresh local produce as is available in your area blend on!Ninja Blender Smoothie Making ToolsA standard blender is all that is required to make Ninja Blender smoothies. If you are making it for just one person, we recommend using any one of the many available Ninja Single Serve Blenders as they are quick to set up and very easy to clean.If you are making them for more than one person, we recommend a higher-end Ninja Blender that can process larger loads more efficiently.For overnight storage, we recommend using a glass or BPA-free airtight container with a resealable lid.Ninja Blender smoothies are very easy to make:Step 1: Place ingredients into a Ninja Blender and secure the lid.Step 2: Start the blender on its lowest speed and steadily ramp up to its highest speed. This will reduce wear and tear on the motor and blades, facilitate a more consistent blend, and help prevent food splatter onto the lid and sides.Step 3: Blend for approximately 30 seconds or until a smooth consistency is achieved.Step 4: Pour into a glass for immediate refreshment or place in the refrigerator in an airtight container to enjoy later.Ninja Blender 3-2-1 Immune Boost Smoothie3-2-1 Immune Boost smoothie is absolutely loaded with immunity building vitamins and minerals. The perfect blend of citrus and sweet, there is no tastier way to strengthen your immune system and prevent seasonal maladies.Full Recipe Here Ninja Blender Almond Honey Flaxseed SmoothieAlmond Honey Flaxseed smoothie is the perfect breakfast smoothie, high in protein which benefits muscle health and curbs your appetite throughout the day. Also, it provides a plentiful dose of heart-healthy Omega-3 to help keep your cholesterol levels in check. The deliciously nutty flavor is perfectly complemented by the sweet golden honey, a satiating and satisfying way to get your day started.Full Recipe Here Ninja Blender Antioxidant Refresher SmoothieAntioxidant Refresher smoothie is an antioxidant powerhouse. In fact, if you are an oxidant, we recommend that you steer clear of this refreshing antioxidant-rich smoothie. Designed to neutralize and remove free radicals from the bloodstream, this health drink helps protect the skin,