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What you'll need: 1 Extra Large or 2 Small Ripe Bananas, peeled and frozen . ¾ Cup Low Fat (not fat free) Milk, or as needed 1 Tsp Vanilla extract 1 Tbsp Chocolate Chips *1 Tsp Cinnamon Sugar. How to make it: Cut the bananas into 1 ½ inch pieces and add to the 48 oz . pitcher, top with the milk and vanilla .

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Ninja® creates some of the most delicious and nutritious recipes that you can follow and recreate in your own kitchen from smoothies to one pot wonders.

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Tzatziki sauce is a flavorful Greek condiment that works well with grilled chicken or falafel. I'm using the same flavors, but making a thicker version in this Tzatziki Inspired Dip. It's great served with veggies or pita chips. Plus, it only takes seconds to make when you use the Nutri Ninja Nutri Bowl Duo.

Nutri Ninja Recipe Book : 70 Smoothie Recipes for Weight ...

The following are a small taster of the 70 smoothie recipes included in the Nutri Ninja Recipe Book; Berry Peachy. Chocolate Velvet. Vitamin Vrrroom. Purple Punch. Mango

Tango. The Beetroot Bolt. Brazilian Beauty. Peachy Lemonade. The Anti-Sneeze. The Pick Me Up

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1 cup baby spinach (fresh or frozen) ½ avocado (peeled and stoned) ¼ cup water. Mix all these ingredients by blending for about 30 seconds in your Nutri Ninja. Pour into a serving

glass and enjoy your yummy Nutri Ninja smoothie. This is a highly nutritious drink packed with vitamins C, B6, and many more.

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