

Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.



# NINJA Foodi FLIP TOASTER

5 recipes plus charts  
for unlimited possibilities



# Your guide to cooking like a Foodi

Welcome to the Ninja® Foodi™ Flip Toaster recipe book. From here, you're just a few pages away from recipes, tips and tricks, and helpful hints that will give you the confidence to make toast, quick snacks, or individual meals to perfection.



Scan to access the full Instruction Booklet

Looking for more recipe inspiration, tips, and tricks?

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## Getting started

### Oven Position

- 1 Flip down to oven position.



Crumb Tray  
Wipe clean regularly

Flip up to the **Toaster Position** for Toast, Bagel, and Defrost.



- 2 Slide toast lever back all the way until it clicks into lock position.

*"LOC" will appear on display if the lever is not pushed back all the way.  
Flip to toaster position to unlock the lever.*

- 3 Insert Bake Tray to begin cooking.

*Permanently attach handle to the bake tray by screwing in clockwise until fully attached.*



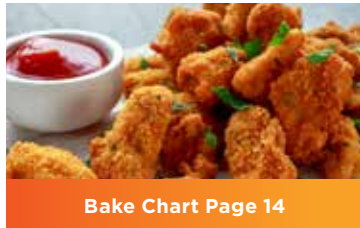
# Flip Toaster Functions

## Oven Position

NO PREHEAT REQUIRED

Push back toast lever to lock position. Insert bake tray. Select function (Bake, Broil, or Reheat). Set temperature/time. Press START/STOP.

### BAKE



Bake Chart Page 14

Cook evenly with manual temperature adjustment settings. Compact oven cavity allows for faster cook times, so keep an eye on your food.

### BROIL



Top heat for a crispy finish.

### REHEAT



Reheat leftovers with even heat from top and bottom.

## Toaster Position

Select function (Toast or Bagel).

If toasting frozen foods, toggle on DEFROST.

Select shade level. Push lever down to start toasting.

### TOAST



Even toasting on both sides.  
level: 1-2 (light), 3-5 (medium), 6-7 (dark).

### BAGEL



Targeted heat for a perfectly toasted bagel.  
level: 1-2 (light), 3-5 (medium), 6-7 (dark).

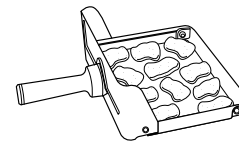
### DEFROST



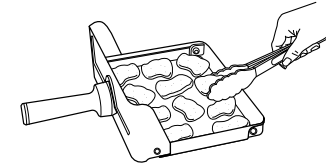
Toggle on for toasting frozen foods.

# Tips & Tricks

## Cooking performance & benefits



Preheating is not required, so prep ingredients before starting a cook cycle.



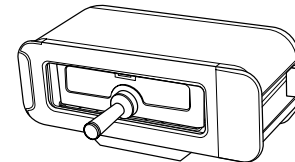
Halfway through cooking, flip or rotate food for more even results.

400°F

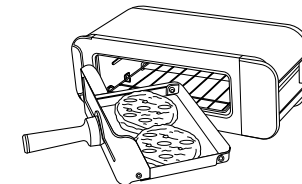


If packaging instructions call for >400°F, use cook time on packaging and add time as needed. Refer to Bake Chart on Page 14 for additional instructions.

## Additional tips



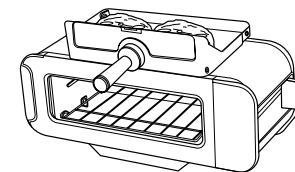
Push back toast lever to lock position before inserting bake tray to use oven functions.



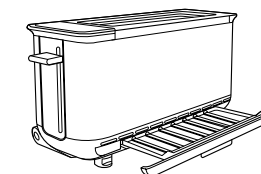
With the unit in the oven position, pull the bake tray out to pause cooking and sneak a peek. Cooking will automatically resume when the tray is reinserted.



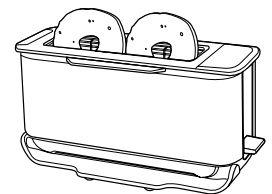
Spray bake tray with nonstick cooking spray to minimize sticking.



Store hot bake tray on top of unit for ease of use.



Clean crumb tray regularly.



When using the Bagel function, place bagels cut-side forward.



# HAM & CHEESE PINWHEELS

**PREP:** 10 MINUTES | **COOK:** 15-20 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

- 1 tube crescent dough sheet
- 2 tablespoons mustard
- 5-6 slices deli ham
- 6-7 slices cheese of choice (American, cheddar, Swiss)
- Parchment paper
- 1 tablespoon loosely packed fresh parsley leaves
- 3 tablespoons unsalted butter, softened

## DIRECTIONS

- 1 On a clean work surface, roll out the sheet of crescent dough and evenly cover with mustard. Top with slices of ham and cheese.
- 2 Starting on the longest side, tightly roll the dough, then cut into 15-20 individual rolls.
- 3 Line the bottom of the bake tray with parchment paper and arrange the pinwheels on the tray in 3 rows of 5.
- 4 Flip unit down to the horizontal position and push the lever back to lock position. "LOC" will appear on the display if the toast lever is not pushed back in the lock position.
- 5 Select BAKE. Use the TEMP/TIME and -/+ buttons to set the temperature to 350°F and the time to 15 to 20 minutes depending on level of desired brownness and crispiness.
- 6 Insert bake tray in unit. Press START/STOP. Cooking will begin when tray is correctly inserted.
- 7 In a small bowl, combine the parsley and butter.
- 8 To check on the progress of your food, sneak a peek by pulling the bake tray out to pause cooking. Cooking will automatically resume when tray is reinserted.
- 9 When cooking is complete, remove tray from unit. Brush the pinwheels with parsley butter and serve immediately.

**TIP** If you cannot find a crescent dough sheet, you can substitute crescent rolls. Simply roll the dough out and press together any perforations in the dough to create 1 sheet.

# TATER TOT-CHOS

**PREP:** 10 MINUTES | **COOK:** 25-30 MINUTES | **MAKES:** 1-2 SERVINGS

## INGREDIENTS

2 cups (approx. 10 ounces) frozen tater tots  
1/3 cup canned black beans, drained  
1/2 cup shredded cheese  
1/4 cup diced tomatoes  
2 tablespoons loosely packed sliced green onion  
1/2 avocado, diced  
Sour cream, as desired  
Salsa, as desired

## DIRECTIONS

- 1 Place the tater tots in an even layer on the bake tray.
- 2 Flip unit down to the horizontal position and push the lever back to lock position. "LOC" will appear on the display if the toast lever is not pushed back in the lock position.
- 3 Select BAKE. Use the TEMP/TIME and +/- buttons to set the temperature to 400°F and the time to 20 to 25 minutes depending on level of desired brownness and crispiness.
- 4 Insert bake tray in unit. Press START/STOP. Cooking will begin when tray is correctly inserted.
- 5 To check on the progress of your food, sneak a peek by pulling the bake tray out to pause cooking. Cooking will automatically resume when tray is reinserted.
- 6 When cooking is complete, remove tray from unit. Top tater tots with black beans and shredded cheese.
- 7 Select BROIL. Set the temperature to 400°F and the time to 5 minutes. Insert bake tray in unit to continue cooking.
- 8 To achieve desired results, keep an eye on the melting and browning of the cheese.
- 9 When cooking is complete, remove tray from unit. Top tater tots with diced tomatoes, sliced green onion, sliced avocado, sour cream, and salsa as desired. Serve Immediately.





# LEMON PEPPER CHICKEN TENDERS

**PREP:** 5 MINUTES | **COOK:** 20-25 MINUTES | **MAKES:** 1-2 SERVINGS

## INGREDIENTS

5-6 breaded chicken tenders  
1 teaspoon garlic powder  
½ teaspoon ground black pepper, divided  
1 tablespoon lemon juice  
Zest of 1 lemon (approx. 1 teaspoon)  
2 tablespoons loosely packed fresh parsley leaves

## DIRECTIONS

- 1 Place the chicken tenders on the bake tray in an even layer.
- 2 Flip unit down to the horizontal position and push the lever back to lock position. “LOC” will appear on the display if the toast lever is not pushed back in the lock position.
- 3 Select BAKE. Use the TEMP/TIME and +/- buttons to set the temperature to 400°F and the time to 20 to 25 minutes depending on level of desired brownness and crispiness.
- 4 Insert bake tray in unit. Press START/STOP. Cooking will begin when tray is correctly inserted.
- 5 To make the sauce, combine remaining ingredients in a medium bowl.
- 6 To check on the progress of your food, sneak a peek by pulling the bake tray out to pause cooking. Cooking will automatically resume when tray is reinserted.
- 7 When cooking is complete, remove tray from unit. Place chicken tenders in the bowl with the sauce and toss until evenly coated. Serve immediately.

**TIP** For a vegan version, use breaded vegan chicken tenders. Place 10-12 tenders on the bake tray in an even layer and cook for 20 to 25 minutes, toss with sauce, and serve.

# OPEN-FACED TUNA MELT

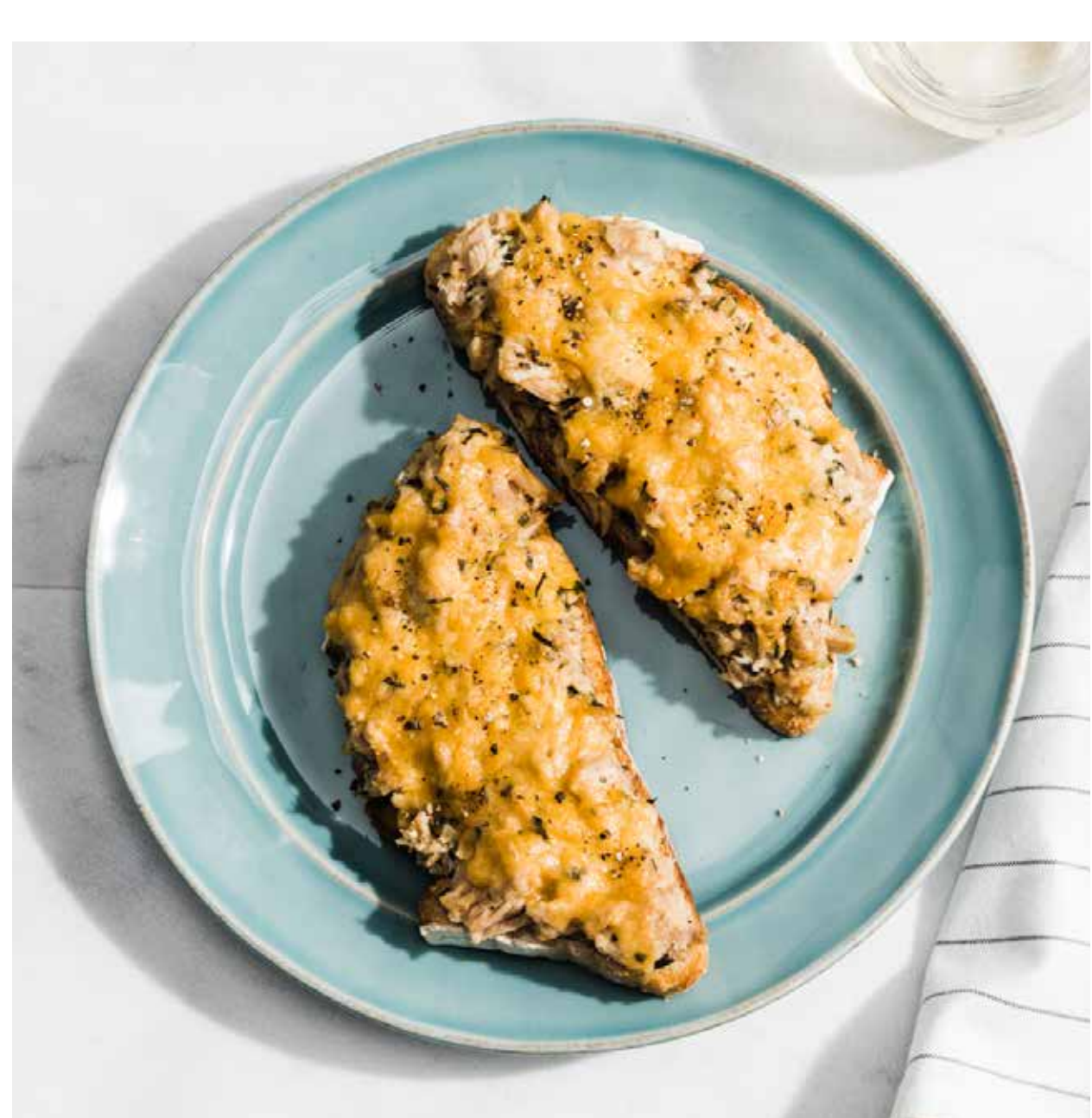
**PREP:** 15 MINUTES | **COOK:** 15-20 MINUTES | **MAKES:** 1-2 SERVINGS

## INGREDIENTS

2 slices sourdough bread (or desired sandwich bread)  
1 can (5 ounces) tuna in water  
2 tablespoons mayonnaise  
1 tablespoon dill pickle relish  
1 teaspoon dry tarragon  
1 teaspoon Dijon mustard  
Kosher salt, as desired  
Ground black pepper, as desired  
½ cup shredded sharp cheddar cheese, divided

## DIRECTIONS

- 1 Flip unit up to the vertical position and toast both slices of bread on SHADE 4. When cooking is done, remove toast and set aside.
- 2 Drain water from tuna can, then transfer tuna to a medium bowl. Add all remaining ingredients, except the cheese, and mix until well combined.
- 3 Divide the tuna mixture between the two slices of toasted bread and use the back of a fork to spread it into an even layer. Top each piece with ¼ cup of cheese.
- 4 Place the sandwiches on the bake tray.
- 5 Flip unit down to the horizontal position and push the lever back to lock position. “LOC” will appear on the display if the toast lever is not pushed back in the lock position.
- 6 Select BAKE. Use the TEMP/TIME and -/+ buttons to set the temperature to 350°F and the time to 7 minutes.
- 7 Insert bake tray in unit. Press START/STOP. Cooking will begin when tray is correctly inserted.
- 8 To check on the progress of your food, sneak a peek by pulling the bake tray out to pause cooking. Cooking will automatically resume when tray is reinserted.
- 9 When cooking is complete, select BROIL, set the temperature to 400°F and the time to 5 minutes.
- 10 When cooking is complete, remove tray from unit and serve immediately.





# HAZELNUT S'MORES

**PREP:** 5 MINUTES | **COOK:** 2-4 MINUTES | **MAKES:** 2-4 SERVINGS

## INGREDIENTS

- 4 whole graham crackers, cut in half
- 4 marshmallows
- 4 tablespoons hazelnut spread

## DIRECTIONS

- 1 Place 4 graham cracker pieces on the bake tray and top with one marshmallow each.
- 2 Flip unit down to the horizontal position and push the lever back to lock position. "LOC" will appear on the display if the toast lever is not pushed back in the lock position.
- 3 Select BROIL. Use the TEMP/TIME and +/- buttons to set the temperature to 400°F and the time to 2 to 4 (or until desired color is reached).
- 4 Insert bake tray in unit. Press START/STOP. Cooking will begin when tray is correctly inserted.
- 5 Spread 1 tablespoon of hazelnut spread on each of the remaining 4 graham cracker pieces.
- 6 To check on the progress of your food, sneak a peek by pulling the bake tray out to pause cooking. Cooking will automatically resume when tray is reinserted.
- 7 When cooking is complete, remove tray from unit. Top marshmallows with the remaining graham crackers and serve immediately.



# Bake Cooking Chart

INGREDIENT	AMOUNT	FUNCTION	OIL	TEMP	COOK TIME
<b>FROZEN FOOD</b>					
Chicken nuggets	12-15 pieces (8-10 oz)	BAKE	None	400°F	15-20 mins
French fries	8 oz		None	400°F	30-35 mins
Tater tots	10 oz		None	400°F	20-25 mins
Pizza rolls	18 pieces (8 oz)		None	400°F	15-20 mins
Mozzarella sticks	9-12 pieces (8 oz)		None	400°F	10-15 mins
Popcorn shrimp	7 oz		None	400°F	15-20 mins
Fish sticks	12 pieces (7 oz)		None	400°F	15-20 mins
Mini corn dogs	12 pieces (8 oz)		None	350°F	15-20 mins
Taquitos	7 pieces (8 oz)		None	400°F	15-20 mins
Potato Skins	6 pieces (7 oz)		None	400°F	15-20 mins

**TIP** For packaging instructions with temperatures above 400°F, set the oven temperature to 400°F and set the time to match the instructions. Add more time as needed.

### Sneak a peek

Pull the bake tray out to pause cooking and flip ingredients. Cooking will automatically resume when the tray is reinserted.





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