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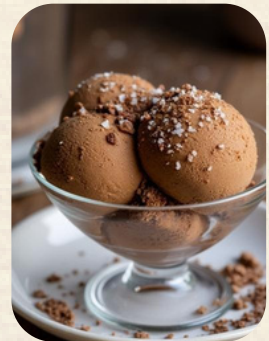
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Introduction

Hello! First of all, I would like to thank you for purchasing this book. In the following pages, I will explain the advantages and benefits you will discover within this **Ninja Creami Protein** recipe book.



Welcome to your ultimate guide to the Ninja Creami. This machine completely changes how we make ice cream at home. Traditional ice cream makers rely on a pre-frozen bowl that slowly churns ingredients while freezing them. This method often takes hours and struggles with low-fat or dairy-free bases.

The Ninja Creami flips this process completely on its head. Instead of churning while freezing, you freeze your liquid base completely solid first. Then, the dual-drive motor drives a powerful creamifying paddle through the frozen block in minutes. This micro-shaves the ice particles into a perfectly smooth texture. You can now turn almost anything—from fresh fruit and protein shakes to standard heavy cream—into premium gelato, sorbet, or ice cream.

This revolutionary technology means you are no longer bound by the strict rules of traditional culinary chemistry. Standard ice cream requires high amounts of fat and sugar to prevent large, jagged ice crystals from forming during the slow freezing process. The Ninja Creami bypasses this limitation entirely. Because the blade shaves the frozen block at a microscopic level, it physically forces emulsion and creaminess into substances that would otherwise freeze rock-solid. Whether you want to recreate an indulgent, velvet-textured Italian gelato, a refreshing dairy-free fruit sorbet, or a macro-friendly protein ice cream that fits a strict fitness regime, this machine delivers premium results right on your kitchen counter.

By dismantling the structural barriers of frozen desserts, you gain total control over your ingredients. You can easily eliminate artificial stabilizers, heavily cut down on refined sugars, or engineer high-protein treats that taste like a cheat meal. The process turns the kitchen into a laboratory where leftovers, morning coffees, and overripe fruits become gourmet delicacies. It is not just about making dessert faster; it is about completely redefining what can actually become ice cream.

A QUICK AND USEFUL DEVICE GUIDE

How the Technology Works

Traditional ice cream makers churn liquid while freezing it. The Ninja Creami uses micro-shaving. You freeze a liquid base completely solid for 24 hours. The motor forces a spinning blade down through the ice block, shaving it into microscopic particles. This creates a smooth texture in minutes without needing excess fat or sugar.

The Role of Protein & Stabilizers

Different protein sources change the final texture of your ice cream:

- **Whey Protein:** Incorporates air, creating a fluffier "soft-serve" consistency.
- **Casein Blends:** Absorb more liquid, yielding a dense, gelato-like texture.
- **Plant-Based Proteins:** Freeze quite hard and require extra fats to avoid an icy result.
- **The Fix:** Protein bases lack heavy fats. Adding a pinch of xanthan gum or sugar-free pudding mix traps moisture and binds ingredients for ultimate creaminess.

By learning how these proteins react under pressure, you can accurately predict your results. For instance, a pure whey shake might look a bit chalky at first, while casein creates immediate thickness. The addition of a stabilizer replaces the structural job that heavy dairy cream normally performs. It acts as a safety net that locks the water molecules in place during the deep freeze. This subtle adjustment prevents the formation of needle-like ice shards, ensuring every spoonful feels like a premium dessert.

Essential Rules for Success

- **The 24-Hour Freeze:** The base must be completely solid to protect the machine's motor.
- **Flatten the Bump:** Scrape any frozen center hump flat with a spoon before spinning to keep the blade balanced.
- **The Max Fill Line:** Never fill liquid past the designated line so the blade has room to spin.

Program Selection & Troubleshooting

- **Lite Ice Cream:** The primary setting for protein ice cream. The fast blade speed is optimized for hard, low-fat blocks.
- **Mix-In:** A gentle pulse program to fold in chocolate chips or nuts without pureeing them.
- **The "Powdery" Fix:** If the ice cream looks like dry snow, add 1-2 Tbsp (15-30 ml) of milk and press Re-Spin to make it creamy.

ANATOMY OF THE MACHINE & COMPONENTS

Before spinning your first pint, it is essential to understand the physical parts of the Ninja Creami and how they function together. This knowledge ensures safe operation and helps you avoid mistakes that could damage the motor.

1. The 5 Core Components

The machine consists of five primary parts that you will handle during every ice cream making session:

1. The Motor Base

This is the main, heavy countertop unit. It contains the dual-drive motor which rotates the blade while driving it down into the frozen pint. It features an intuitive control panel that only lights up when the machine is correctly assembled.

2. The Outer Bowl

A large, clear plastic container with a sturdy handle. The frozen Creami pint drops directly inside this bowl. It acts as a safety shield and stabilizes the pint during the high-speed spinning process.

3. The Outer Bowl Lid

This lid twists and locks securely onto the outer bowl. It holds the processing blade in place and contains the safety mechanism that unlocks the machine.

4. The Creamerizer™ Blade

A heavy-duty, dual-sided metal paddle. Unlike a traditional ice cream churner, this blade is designed to shave through solid ice. It attaches directly to the underside of the outer bowl lid.

5. The Creami Pints & Storage Lids

BPA-free plastic containers specifically designed to withstand low freezer temperatures. They have a distinct shape that prevents them from spinning inside the outer bowl.

2. The Three-Point Safety System

The Ninja Creami will not turn on if the parts are put together incorrectly. The control panel will remain dark until these three steps are completed in order:

- Blade Click: The blade must be pushed firmly into the lid until it clicks.
- Lid Lock: The lid must be twisted clockwise onto the outer bowl until the latch snaps over the handle.
- Base Lock: The assembled bowl must be twisted clockwise into the motor base until it locks facing forward.

PROGRAM FUNCTION GUIDE

Each button uses a unique blade speed and pressure tailored to specific ingredient densities. Choosing the right program ensures the perfect texture for your protein treats.

Lite Ice Cream

- The Function: This is the core setting for protein ice cream. Low-fat and low-sugar bases freeze much harder than standard dairy. This program spins the blade at a high speed to aggressively shave through rock-solid protein blocks.
- Best for: Bases made with almond milk, water, skim milk, and whey or casein powders.

Ice Cream

- The Function: This cycle features a moderate blade speed and gentle pressure. It is designed to handle bases rich in natural milk fats and heavy creams, which freeze softer than lean protein mixes.
- Best for: Recipes utilizing whole milk, heavy cream, nut butters, or full-fat coconut milk.

Gelato

- The Function: This program uses a slower blade movement to create a dense, heavy, and velvety mouthfeel. It processes the frozen block without whipping excess air into the mixture.
- Best for: Rich custard bases made with egg yolks or thick casein protein blends.

Sorbet

- The Function: Fruit-and-water blends freeze into highly abrasive, icy structures. This setting uses high rotational speed and unique pulse patterns to break down ice crystals into a smooth fruit finish.
- Best for: All dairy-free fruit purees and recipes containing "Clear Whey" protein isolates.

Smoothie Bowl

- The Function: This setting leaves the base slightly thicker and less processed than ice cream. It is calibrated to keep the final texture dense enough to hold heavy toppings and be eaten with a spoon.
- Best for: Morning bowls utilizing frozen berries, real oats, spinach, and thick protein blends. (Deluxe users: Select "Lite Ice Cream" instead).

Mix-In

- The Function: A short, low-speed pulse cycle that does not shave the pint. It gently folds toppings through the already processed ice cream base without grinding them into powder.
- Best for: Incorporating chocolate chips, cookie crumbs, or nuts after the first spin.

STEP-BY-STEP OPERATING INSTRUCTIONS

Follow these steps to process your frozen pint safely and achieve a perfectly smooth texture every time.

1. Assembly & Preparation

- **Scrape the Ice Bump:** Remove the pint lid. If a hard ice hump has formed in the center during freezing, scrape it completely flat with a spoon to protect the motor shaft.
- **Insert the Pint:** Drop the opened, frozen pint container directly into the clear outer bowl.
- **Click the Blade:** Hold the Creamerizer™ Blade with the sharp side facing down. Push it up into the mount on the underside of the outer bowl lid until you hear a distinct click.
- **Lock the Lid:** Place the lid over the outer bowl with the handle offset to the left. Twist the lid clockwise until the locking latch snaps firmly over the bowl handle.

2. Mounting & Spinning

- **Lock onto Base:** Place the assembled bowl onto the machine base. Twist the entire bowl clockwise toward the center until it clicks into place. The control panel will light up.
- **Select Your Program:** Press the Power button. Choose the specific program that matches your recipe (e.g., Ice Cream or Sorbet). The processing cycle will last between 1 and 2 minutes.
- **Automatic Lowering:** The motor automatically lowers the spinning blade to the bottom of the pint to shave the ice, and then returns to the top before shutting off.

3. Releasing & Serving

- **Remove the Bowl:** Wait for the machine to stop completely. Press and hold the bowl release button on the left side of the base, twist the bowl counterclockwise, and lift it off.
- **Open the Lid:** Press the lid release button located on the bowl handle and twist the lid counterclockwise to remove it.
- **Check the Texture:** Serve immediately if smooth. If it looks dry or powdery, simply add 1 tablespoon of milk, put it back in the machine, and press the Re-Spin button.

CLEANING, MAINTENANCE & SANITATION

Properly cleaning your Ninja Creami is vital for two reasons: it prevents bacteria from growing on dairy residues and protects the mechanical parts from wearing out early.

Routine Cleaning (After Every Use)

Always wash the removable parts immediately after spinning a pint. If the protein and milk residues dry up, they become very difficult to remove and can jam the locking mechanisms.

- **Step 1: Release the Blade:** Unplug the motor base. Press the blade release button on the outer bowl lid. The Creamerizer™ Blade will drop out. Handle it carefully by the center hub, as the edges are sharp.
- **Step 2: Rinse Immediately:** Run the blade, outer bowl, outer bowl lid, and pint container under hot water for 30 seconds to wash away any loose ice cream film.
- **Step 3: Wash the Parts:** Wash all removed pieces in warm, soapy water using a non-abrasive sponge. Alternatively, place them on the top rack of your dishwasher only. High heat on the bottom rack can warp the plastic.
- **Step 4: Wipe the Motor Base:** Use a damp microfiber cloth to wipe down the exterior housing of the machine. Pay close attention to the rubber splash guard and the metal spindle shaft where the blade attaches. Never submerge the motor base in water.

Deep Cleaning and Odor Prevention

Over time, protein shakes and dairy fats can get trapped inside the rubber seals of the outer bowl lid, which can cause unpleasant smells or mold.

- **The Monthly Soak:** Once a month, submerge the blade, pint containers, and lids in a bowl of warm water mixed with 2 Tbsp (30 ml) of white vinegar or baking soda. Let them soak for 20 to 30 minutes to eliminate hidden bacteria.
- **Drying is Key:** Always allow all components to air-dry completely on a dish rack before putting them away in a cupboard. Storing the outer bowl with the lid locked tight while still wet will trap moisture and cause mildew.

Neglecting these hidden spaces will eventually ruin the fresh taste of your high-protein creations. Sticky protein residue acts like glue inside the tightly engineered spindle gear, putting extra physical strain on the drive motor during subsequent uses. A simple tooth-pick or small cleaning brush can be used to clear out the tight plastic tracks around the lid pin. Taking these brief extra precautions prevents mechanical resistance and keeps the blade spinning smoothly at maximum speed. Ultimately, a clean machine guarantees that your low-fat vanilla tastes like vanilla, and not like a leftover chocolate shake from last Tuesday.

STORAGE, FREEZING SAFETY & FREEZER LOGISTICS

The quality of your ice cream depends heavily on what happens inside your freezer. Proper freezing techniques protect the machine's motor and ensure a smooth texture.

Temperature and Freezing Rules

The Ninja Creami requires a completely solid base to shave the ice correctly.

- **The Sweet Spot:** Your freezer should run between -18°C and -25°C (0°F to -13°F). If the freezer is too warm, the base turns into a soft slush, and the blade will plow through it instead of shaving it.
- **The 24-Hour Rule:** Always freeze your pints for a full 24 hours. Even if the top looks hard after 12 hours, the core of the pint is often still liquid, which can ruin the texture and damage the blade.
- **No Quick-Freezing:** Do not use "fast freeze" settings or blast chillers. Freezing the base too quickly creates massive ice crystals that make the final ice cream icy rather than creamy.

Freezer Logistics and Safety

How and where you place your pints inside the freezer directly impacts your spinning success.

- **Keep It Level:** Always place your pint on a completely flat, level shelf. If the pint freezes at an angle, the blade will hit one side of the ice block first, which puts uneven pressure on the motor shaft and can break the machine.
- **Avoid the Door:** Never freeze your pints in the freezer door shelves. The temperature drops and rises every time you open the freezer, creating layers of icy condensation inside your base.
- **Thermal Shock Warning:** Never pour hot liquids directly into the plastic Creami pints. Let cooked bases cool completely to room temperature on your counter before filling the pint.

Maintaining structural discipline during the freezing phase prevents costly damage to your custom pints. Because protein bases lack heavy natural fats, variations in freezer air circulation can easily create a rock-hard outer shell while leaving a soft, under-frozen core. Placing pints too close to the automated ice maker or cooling vents can accelerate this uneven crystallization process. To guarantee a uniform deep freeze, consider leaving a small air gap of one to two inches around each container on the shelf. This strategic positioning allows the cold air to flow evenly around the entire plastic cup, locking in the perfect density. Taking these extra steps ensures that your blade shaves through an evenly solid block, preserving both the motor and your dessert.



ICE CREAM



PEANUT BUTTER & JELLY PROTEIN BLISS



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Powdered Peanut Butter (PB2): 2 Tbsp / 12 g
- Pure Creamy Peanut Butter: 1 Tbsp / 16 g
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 2 Tbsp / 30 ml of low-sugar Strawberry Jam

PREPARATION:

1. Pour the whole milk into a blender. Add the protein powder, powdered peanut butter, creamy peanut butter, and xanthan gum.
2. Blend on high speed for 30 seconds until the peanut butter is completely incorporated and the mixture is entirely smooth.
3. Pour the liquid base into your Creami pint container, attach the storage lid, and freeze on a level shelf for 24 hours.
4. Process the frozen pint on the Ice Cream program.
5. Once done, dig a small hole down the center of the ice cream, spoon in the jam, and press the Mix-In program to create perfect fruity ribbons.

Tip: If the peanut butter base forms a noticeable hump in the center after freezing, make sure to scrape it flat before spinning, as peanut fats freeze very dense and can strain the blade.

NUTRITIONAL VALUES per serving: Calories: approx. 245 | Fat: 9 g | Carbs: 11 g | Sugar: 3 g | Protein: 28 g

DOUBLE CHOCOLATE BROWNIE PROTEIN PINT



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Chocolate Protein Powder: 1.25 Scoops / approx. 38 g
- Unsweetened Cocoa Powder: 1 Tbsp / 8 g
- Sugar-Free Instant Chocolate Pudding Mix: 1 Tbsp / 10 g
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g
- Mix-In: 1 Small Low-Carb Protein Brownie (approx. 30 g, crumbled)

PREPARATION:

1. Whisk or blend the unsweetened almond milk, chocolate protein powder, cocoa powder, sugar-free pudding mix, and sweetener together until completely smooth and free of protein lumps.
2. Pour the chocolate mixture directly into the Creami pint up to the Max Fill line. Freeze flat for 24 hours.
3. Process the pint on the Lite Ice Cream program.
4. If the texture looks slightly crumbly after the first spin, add 1 tablespoon of almond milk and press Re-Spin.
5. Once creamy, dig a hole in the center, drop in the crumbled protein brownie pieces, and run the Mix-In program.

Tip: The sugar-free pudding mix is the secret stabilizer here. It binds the low-fat almond milk flawlessly, creating a dense, fudgy texture without adding heavy calories.

NUTRITIONAL VALUES per serving: Calories: approx. 165 | Fat: 4 g | Carbs: 6 g | Sugar: 0,5 g | Protein: 25 g

SALTED CARAMEL ALMOND CRUNCH



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Salted Caramel Protein Powder: 1 Scoop / approx. 30 g
- Almond Butter: 1 Tbsp / 16 g
- Sea Salt: A generous pinch
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 2 Tbsp / 15 g chopped roasted almonds

PREPARATION:

1. Pour the whole milk into a blender, then add the salted caramel protein powder, almond butter, sea salt, and xanthan gum.
2. Blend on high speed for 30 seconds until the almond butter is completely emulsified and the mixture is smooth.
3. Pour the liquid base into your Creami pint container, attach the storage lid, and freeze flat on a level shelf for 24 hours.
4. Process the frozen pint on the Ice Cream program.
5. Once complete, dig a 1.5-inch wide hole straight down to the bottom of the pint, drop in the chopped roasted almonds, and run the Mix-In program.

Tip: Almond butter provides the necessary fat structure for the standard Ice Cream setting, preventing the low-sugar caramel protein base from freezing too icy.

NUTRITIONAL VALUES per serving: Calories: approx. 215 | Fat: 9 g | Carbs: 7 g | Sugar: 3,5 g | Protein: 26 g

COOKIE DOUGH CHUNK DELIGHT



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla Bean Protein Powder: 1 Scoop / approx. 30 g
- Cashew Butter: 1 Tbsp / 16 g
- Brown Sugar Flavor Drops: 4–5 drops
- Mix-In: 1 Low-Carb Protein Cookie Dough Bar / approx. 30 g (chopped into tiny chunks)

PREPARATION:

1. Pour the whole milk into a blender, then add the vanilla protein powder, cashew butter, and brown sugar flavor drops.
2. Blend on high speed for 30 seconds until the cashew butter is fully integrated and no protein lumps remain.
3. Pour the smooth liquid mixture into your Creami pint container, secure the lid, and freeze flat for 24 hours.
4. Process the completely frozen pint on the Ice Cream program.
5. Dig a small hole down the center of the ice cream, drop in the chopped protein cookie dough pieces, and run the Mix-In program.

Tip: Cashew butter adds a mild, cookie-like baseline flavor and essential fats that perfectly emulsify during the standard ice cream spin cycle.

NUTRITIONAL VALUES per serving: Calories: approx. 230 | Fat: 8,5 g | Carbs: 10 g | Sugar: 4 g | Protein: 27 g

CREAMY COFFEE TOFFEE CRUNCH



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Coffee or Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Instant Coffee Granules: 1 tsp / 2 g
- Heavy Cream: 2 Tbsp / 30 ml
- Mix-In: 2 Tbsp / 20 g sugar-free dark chocolate chips

PREPARATION:

1. Dissolve the instant coffee granules in warm whole milk, then pour it into a blender.
2. Add the protein powder and heavy cream, and blend on high speed for 30 seconds until completely uniform.
3. Pour the liquid base into your Creami pint container, secure the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom of the pint, drop in the sugar-free dark chocolate chips, and run the Mix-In program to mimic classic toffee crunch pieces.

Tip: The heavy cream provides an immediate velvet finish on the standard setting, balancing out the bitterness of the dark coffee notes.

NUTRITIONAL VALUES per serving: Calories: approx. 210 | Fat: 9,5 g | Carbs: 6 g | Sugar: 3,5 g | Protein: 25 g

TOASTED COCONUT BOUNTY



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Canned Full-Fat Coconut Milk: $\frac{3}{4}$ Cup / 180 ml
- Whole Milk: $\frac{1}{2}$ Cup / 120 ml
- Coconut or Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Mix-In: 2 Tbsp / 10 g unsweetened toasted coconut flakes & 10 g chopped dark chocolate

PREPARATION:

1. Open the can of full-fat coconut milk and whisk it vigorously in a bowl until the thick cream and coconut water are completely combined.
2. Pour the coconut milk and whole milk into a blender, then add the coconut or vanilla protein powder.
3. Blend on high speed for 30 seconds until the mixture is uniform and velvety smooth.
4. Pour the base into your Creami pint container, secure the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a 1.5-inch wide hole down to the bottom of the pint, drop in the toasted coconut flakes and chopped dark chocolate, and run the Mix-In program.

Tip: Full-fat canned coconut milk is naturally rich in medium-chain triglycerides, making it an incredible fat source for creating ultra-smooth standard ice cream textures.

NUTRITIONAL VALUES per serving: Calories: approx. 260 | Fat: 14 g | Carbs: 7 g | Sugar: 2,5 g | Protein: 24 g

BANANA WALNUT CHUNKY MONKEY



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Banana or Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Ripe Banana: ½ medium / approx. 50 g (mashed)
- Mix-In: 1 Tbsp chopped walnuts & 1 Tbsp sugar-free chocolate chunks

PREPARATION:

1. Place the whole milk, banana or vanilla protein powder, and the thoroughly mashed ripe banana into a high-speed blender.
2. Blend on high for 30 seconds until the banana is completely liquefied with no remaining lumps.
3. Pour the smooth liquid base into the Creami pint container, secure the lid, and freeze flat on a level shelf for 24 hours.
4. Process the fully frozen pint on the Ice Cream program.
5. Dig a small hole down the center of the ice cream, drop in the chopped walnuts and sugar-free chocolate chunks, and press the Mix-In program.

Tip: Real banana adds natural starches that perfectly substitute for heavy chemical stabilizers, resulting in an exceptionally smooth and scoopable final texture.

NUTRITIONAL VALUES per serving: Calories: approx. 225 | Fat: 7 g | Carbs: 14 g | Sugar: 6,5 g | Protein: 26 g

STRAWBERRIES & WHITE CHOCOLATE CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Strawberry Protein Powder: 1 Scoop / approx. 30 g
- Cream Cheese: 1 Tbsp / 15 g (softened)
- Mix-In: 2 Tbsp / 20 g chopped sugar-free white chocolate chips

PREPARATION:

1. In a small bowl, microwave the cream cheese for 10 seconds to soften it completely.
2. Whisk the softened cream cheese with a few tablespoons of warm whole milk until smooth, then transfer it into a blender.
3. Add the remaining whole milk and the strawberry protein powder into the blender. Blend on high for 30 seconds until perfectly uniform.
4. Pour the pink mixture into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a 1.5-inch wide hole down to the bottom of the pint, add the chopped sugar-free white chocolate chips, and run the Mix-In program.

Tip: Cream cheese acts as a natural commercial emulsifier, locking in moisture and preventing ice crystals from forming in fruit-flavored protein bases.

NUTRITIONAL VALUES per serving: Calories: approx. 210 | Fat: 7,5 g | Carbs: 8 g | Sugar: 4,5 g | Protein: 26 g

LEMON MERINGUE PIE PROTEIN CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla or Lemon Protein Powder: 1 Scoop / approx. 30 g
- Fresh Lemon Zest: ½ tsp
- Lemon Extract: ¼ tsp
- Cream Cheese: 1 Tbsp / 15 g (softened)
- Mix-In: 2 sugar-free vanilla wafer cookies (crumbled)

PREPARATION:

1. Put the cream cheese in a small microwave-safe bowl and heat for 10 seconds to soften it completely.
2. Transfer the softened cream cheese into a high-speed blender, then add the whole milk, protein powder, lemon zest, and lemon extract.
3. Blend on high for 30 seconds until the mixture is uniform with no lumps.
4. Pour the smooth citrus base into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a 1.5-inch wide hole straight down to the bottom of the pint, add the crumbled sugar-free vanilla wafer cookies, and run the Mix-In program.

Tip: Lemon zest adds authentic, vibrant citrus oils without curdling the milk base like pure lemon juice sometimes can.

NUTRITIONAL VALUES per serving: Calories: approx. 205 | Fat: 6,5 g | Carbs: 9 g | Sugar: 4 g | Protein: 26 g

BLACK FOREST CHERRY CHOCOLATE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Chocolate Protein Powder: 1 Scoop / approx. 30 g
- Heavy Cream: 2 Tbsp / 30 ml
- Mix-In: 4 dark sweet cherries (pitted and chopped) & 1 Tbsp dark chocolate flakes

PREPARATION:

1. Pour the whole milk and heavy cream into a high-speed blender, then add the chocolate protein powder.
2. Blend on high speed for 30 seconds until the chocolate base is completely uniform and free of lumps.
3. Pour the chocolate base into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process the fully frozen pint on the Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom of the pint, drop in the chopped pitted cherries and dark chocolate flakes, and run the Mix-In program.

Tip: Pitting and pre-chopping the cherries ensures they integrate beautifully as soft, juicy bursts instead of turning into rock-hard ice chunks that can jam the machine.

NUTRITIONAL VALUES per serving: Calories: approx. 235 | Fat: 10 g | Carbs: 11 g | Sugar: 5,5 g | Protein: 25 g

HAZELNUT PRALINE DREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Chocolate or Hazelnut Protein Powder: 1 Scoop / approx. 30 g
- Sugar-Free Hazelnut Spread: 1 Tbsp / 15 g
- Mix-In: 1 Tbsp / 8 g chopped roasted hazelnuts

PREPARATION:

1. Place the sugar-free hazelnut spread in a small microwave-safe dish and warm it for 10 seconds until it softens into a pourable liquid.
2. Pour the whole milk into a blender, then add the chocolate or hazelnut protein powder and the warmed hazelnut spread.
3. Blend on high speed for 30 seconds until the spread is completely incorporated and the liquid is velvety smooth.
4. Pour the mixture into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a small hole down the center of the ice cream, drop in the chopped roasted hazelnuts, and press the Mix-In program.

Tip: Slightly warming the hazelnut spread before blending is crucial; it ensures it integrates seamlessly into the milk without clumping or sticking to the bottom of the pint.

NUTRITIONAL VALUES per serving: Calories: approx. 220 | Fat: 9,5 g | Carbs: 7,5 g | Sugar: 4,5 g | Protein: 26 g

MAPLE PECAN PIE CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Sugar-Free Maple Syrup: 2 Tbsp / 30 ml
- Almond Butter: 1 tsp / 5 g
- Mix-In: 1.5 Tbsp / 12 g crushed roasted pecans

PREPARATION:

1. Pour the whole milk and sugar-free maple syrup into a high-speed blender.
2. Add the vanilla protein powder and almond butter, then blend on high speed for 30 seconds until completely smooth.
3. Pour the liquid base into your Creami pint container, secure the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom of the pint, add the crushed roasted pecans into the cavity, and press the Mix-In program.

Tip: A tiny teaspoon of almond butter adds just enough dense fat molecules to perfectly mimic the traditional richness of butter-pecan ice cream bases without overloading the calories.

NUTRITIONAL VALUES per serving: Calories: approx. 195 | Fat: 6,5 g | Carbs: 6 g | Sugar: 3,5 g | Protein: 26 g

CINNAMON SNICKERDOODLE BLAST



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Ground Cinnamon: ½ tsp
- Cashew Butter: 1 Tbsp / 16 g
- Mix-In: 1 small sugar-free snickerdoodle cookie (crumbled)

PREPARATION:

1. Pour the whole milk into a high-speed blender, then add the vanilla protein powder, ground cinnamon, and cashew butter.
2. Blend on high speed for 30 seconds until the cashew butter is fully integrated and the cinnamon is distributed evenly.
3. Pour the liquid base into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process the fully frozen pint on the Ice Cream program.
5. Dig a 1.5-inch wide hole straight down to the bottom of the pint, add the crumbled sugar-free snickerdoodle cookie, and run the Mix-In program.

Tip: Cinnamon can settle quickly at the bottom of the cup while freezing; blending it thoroughly with a thick fat source like cashew butter helps keep it suspended evenly in the liquid base.

NUTRITIONAL VALUES per serving: Calories: approx. 225 | Fat: 8,5 g | Carbs: 9 g | Sugar: 4 g | Protein: 26 g

SWEET & SALTY POPCORN PERFECTION



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla or Salted Caramel Protein Powder: 1 Scoop / approx. 30 g
- Heavy Cream: 2 Tbsp / 30 ml
- Sea Salt: ¼ tsp
- Mix-In: ½ Cup popped sugar-free salted popcorn (slightly crushed)

PREPARATION:

1. Pour the whole milk and heavy cream into a high-speed blender.
2. Add the protein powder and sea salt, then blend on high speed for 30 seconds until completely smooth.
3. Pour the liquid base into your Creami pint container, secure the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom of the pint, compress the slightly crushed popcorn into the cavity, and run the Mix-In program immediately before serving.

Tip: Popcorn softens very quickly when in contact with moisture. Always consume this specific flavor immediately after using the Mix-In cycle to keep the popcorn pieces crispy.

NUTRITIONAL VALUES per serving: Calories: approx. 205 | Fat: 95 g | Carbs: 6 g | Sugar: 3,5 g | Protein: 25 g

MINT CHOCOLATE CHIP PROTEIN DREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla or Unflavored Protein Powder: 1 Scoop / approx. 30 g
- Cream Cheese: 1 Tbsp / 15 g (softened)
- Peppermint Extract: ¼ tsp
- Spinach Juice or Green Food Coloring: 2–3 drops (optional, for color)
- Mix-In: 2 Tbsp / 20 g sugar-free dark chocolate chips (chopped)

PREPARATION:

1. Soften the cream cheese in the microwave for 10 seconds.
2. Place the whole milk, protein powder, softened cream cheese, peppermint extract, and optional green coloring into a high-speed blender.
3. Blend on high for 30 seconds until completely uniform and smooth.
4. Pour the green mixture into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a 1.5-inch wide hole down to the bottom of the pint, add the chopped sugar-free dark chocolate chips, and run the Mix-In program.

Tip: Be careful with the peppermint extract; it is highly concentrated. A quarter of a teaspoon is more than enough to give it a refreshing taste without overpowering the creaminess.

NUTRITIONAL VALUES per serving: Calories: approx. 200 | Fat: 7,5 g | Carbs: 7 g | Sugar: 3,5 g | Protein: 26 g

ROASTED PISTACHIO CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Pure Pistachio Butter (100% Pistachio): 1 Tbsp / 16 g
- Almond Extract: 2 drops (enhances the nut flavor)
- Mix-In: 1 Tbsp / 8 g raw pistachios (shelled and finely chopped)

PREPARATION:

1. Pour the whole milk into a high-speed blender.
2. Add the vanilla protein powder, pistachio butter, and almond extract.
3. Blend on high speed for 40 seconds until the pistachio butter is entirely integrated and the liquid has a light green tint.
4. Pour the base into your Creami pint container, secure the storage lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Ice Cream program.
6. Dig a small hole down the center of the ice cream, drop in the chopped raw pistachios, and press the Mix-In program.

Tip: Using 100% pure pistachio butter (without added oils or sugars) provides excellent healthy fats that help the standard Ice Cream setting achieve a velvet texture.

NUTRITIONAL VALUES per serving: Calories: approx. 235 | Fat: 10 g | Carbs: 8 g | Sugar: 4 g | Protein: 27 g



LIGHT- ICE CREAM



SALTED CARAMEL PRETZEL BURST



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Salted Caramel Protein Powder: 1.25 Scoops / approx. 38 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Sea Salt: ¼ tsp
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g
- Mix-In: 3 Tbsp / 15 g hard salted pretzels (crumbled)

PREPARATION:

1. Pour the unsweetened almond milk into a blender. Add the salted caramel protein powder, sugar-free instant pudding mix, sea salt, and granulated sweetener.
2. Blend on high speed for 30 seconds until completely smooth and free of powder lumps.
3. Pour the mixture into your Creami pint container, secure the lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Lite Ice Cream program.
5. If the texture looks crumbly, add 1 tablespoon of almond milk and press Re-Spin.
6. Dig a 1.5-inch wide hole down to the bottom, drop in the crumbled salted pretzels, and run the Mix-In program.

Tip: Pretzels can get soft quickly. For maximum crunch, serve this ice cream immediately after running the Mix-In cycle.

NUTRITIONAL VALUES per serving: Calories: approx. 145 | Fat: 2,5 g | Carbs: 7 g | Sugar: 0,2 g | Protein: 24 g

CINNAMON FRENCH TOAST CRUNCH



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Vanilla or Snickerdoodle Protein Powder: 1.25 Scoops / approx. 38 g
- Ground Cinnamon: ½ tsp
- Maple Extract: ¼ tsp
- Guar Gum or Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 3 Tbsp / 15 g sugar-free cinnamon crunch cereal (slightly crushed)

PREPARATION:

1. Combine the unsweetened almond milk, protein powder, ground cinnamon, maple extract, and guar gum in a high-speed blender.
2. Blend on high for 30 seconds until the stabilizer gum is fully activated and the liquid thickens slightly.
3. Pour the liquid base into your Creami pint container, attach the storage lid, and freeze flat for 24 hours.
4. Process the fully frozen pint on the Lite Ice Cream program.
5. Dig a small hole down the center of the ice cream, drop in the crushed cinnamon cereal, and press the Mix-In program.

Tip: Maple extract combined with cinnamon gives this low-calorie base an authentic baked-goods flavor without needing actual sugar or butter.

NUTRITIONAL VALUES per serving: Calories: approx. 135 | Fat: 2 g | Carbs: 5 g | Sugar: 0,1 g | Protein: 24 g

STRAWBERRY CHEESECAKE PROTEIN SWIRL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Strawberry Protein Powder: 1.25 Scoops / approx. 38 g
- Sugar-Free Instant Cheesecake Pudding Mix: 1 Tbsp / 10 g
- Light Cream Cheese: 1 Tbsp / 15 g
- Mix-In: 2 sugar-free graham crackers (crumbled)

PREPARATION:

1. Place the almond milk, strawberry protein powder, sugar-free cheesecake pudding mix, and light cream cheese into a blender.
2. Blend on high speed for 30 seconds until the cream cheese is completely smooth and integrated.
3. Pour into your Creami pint container, attach the storage lid, and freeze flat for 24 hours.
4. Process on the Lite Ice Cream program. If it looks powdery, add 1 Tbsp of milk and run a Re-Spin.
5. Dig a center hole, drop in the crumbled graham crackers, and run the Mix-In program.

Tip: Light cream cheese provides a authentic tangy cheesecake baseline flavor while adding just enough structure to keep the low-calorie base smooth.

NUTRITIONAL VALUES per serving: Calories: approx. 160 | Fat: 4 g | Carbs: 7 g | Sugar: 0,5 g | Protein: 25 g

MINT FUDGE BROWNIE BLAST



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Chocolate Protein Powder: 1.25 Scoops / approx. 38 g
- Unsweetened Cocoa Powder: 1 Tbsp / 8 g
- Peppermint Extract: ⅛ tsp (just a few drops)
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: ½ low-carb brownie bar (approx. 20 g, crumbled)

PREPARATION:

1. Blend the almond milk, chocolate protein powder, cocoa powder, peppermint extract, and xanthan gum together until uniform.
2. Pour the dark mixture into your Creami pint and freeze flat for 24 hours.
3. Process on the Lite Ice Cream program. Run a Re-Spin with an extra splash of liquid if needed.
4. Dig a hole, add the crumbled low-carb brownie bar pieces, and press the Mix-In button.

Tip: Peppermint extract is incredibly strong. Stick to a tiny amount (1/8 tsp) so it complements the rich chocolate flavor rather than making it taste like toothpaste.

NUTRITIONAL VALUES per serving: Calories: approx. 155 | Fat: 3,5 g | Carbs: 6 g | Sugar: 0,2 g | Protein: 25 g

PEANUT BUTTER CUP MELT



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Chocolate Protein Powder: 1.25 Scoops / approx. 38 g
- Powdered Peanut Butter (PB2): 2 Tbsp / 12 g
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 1 sugar-free peanut butter cup (chopped into small pieces)

PREPARATION:

1. Pour the almond milk into a blender, followed by the chocolate protein powder, powdered peanut butter, sweetener, and xanthan gum.
2. Blend on high for 30 seconds until completely smooth.
3. Pour into the Creami pint and freeze flat on a level shelf for 24 hours.
4. Process the pint on the Lite Ice Cream program.
5. Dig a center hole, add the chopped sugar-free peanut butter cup pieces, and select the Mix-In program.

Tip: Using powdered peanut butter instead of regular peanut butter cuts out over 70% of the fat calories while keeping the full, roasted peanut aroma intact.

NUTRITIONAL VALUES per serving: Calories: approx. 175 | Fat: 5 g | Carbs: 7 g | Sugar: 0,5 g | Protein: 26 g

SEA SALT DARK CHOCOLATE MOCHA



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Coffee or Chocolate Protein Powder: 1.25 Scoops / approx. 38 g
- Instant Espresso Powder: 1 tsp / 2 g
- Unsweetened Cocoa Powder: 1 Tbsp / 8 g
- Sea Salt: ¼ tsp
- Mix-In: 1 Tbsp / 10 g sugar-free dark chocolate chips

PREPARATION:

1. Dissolve the instant espresso powder in the almond milk, then transfer it into a blender.
2. Add the protein powder, cocoa powder, and sea salt. Blend on high for 30 seconds.
3. Pour into the pint container and freeze flat for 24 hours.
4. Process on the Lite Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom, drop in the sugar-free dark chocolate chips, and run the Mix-In program.

Tip: The generous pinch of sea salt cuts through the bitterness of the coffee and unsweetened cocoa powder, making the low-calorie base taste much richer.

NUTRITIONAL VALUES per serving: Calories: approx. 145 | Fat: 3,5 g | Carbs: 5 g | Sugar: 0,1 g | Protein: 24 g

COOKIES & CREAM PROTEIN BLAST



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Cookies & Cream or Vanilla Protein Powder: 1.25 Scoops / approx. 38 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g
- Mix-In: 2 Oreo Thins or sugar-free sandwich cookies (crushed)

PREPARATION:

1. Blend the almond milk, protein powder, sugar-free instant vanilla pudding mix, and sweetener together until completely smooth.
2. Pour the white base into your Creami pint container and freeze flat for 24 hours.
3. Process the pint on the Lite Ice Cream program. Run a Re-Spin if the texture looks icy or crumbly.
4. Dig a hole down the center, drop in the crushed sandwich cookie pieces, and press the Mix-In button.

Tip: Running a Re-Spin is very common for this recipe. Low-fat milk alternatives lack natural creaminess, but a quick Re-Spin makes it look like real gelato.

NUTRITIONAL VALUES per serving: Calories: approx. 150 | Fat: 3 g | Carbs: 7 g | Sugar: 1 g | Protein: 24 g

BANANA CARAMEL PECAN SWIRL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ¼ Cups / 300 ml
- Banana Protein Powder: 1.25 Scoops / approx. 38 g
- Ripe Banana: ¼ medium / approx. 25 g (blended into the base)
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 1 Tbsp chopped pecans & 1 Tbsp sugar-free caramel sauce

PREPARATION:

1. Place the almond milk, banana protein powder, the small slice of ripe banana, and xanthan gum into a high-speed blender.
2. Blend on high for 30 seconds until the fresh banana is completely liquefied.
3. Pour the yellow base into the Creami pint and freeze flat for 24 hours.
4. Process on the Lite Ice Cream program.
5. Dig a center hole, pour in the chopped pecans and sugar-free caramel sauce, then run the Mix-In program.

Tip: Adding even a small quarter of a real banana provides natural fruit sugars and starches that completely eliminate the chalky texture of low-fat protein powders.

NUTRITIONAL VALUES per serving: Calories: approx. 165 | Fat: 4,5 g | Carbs: 7 g | Sugar: 2 g | Protein: 24 g

VELVET VANILLA BEAN PURE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Vanilla Bean Protein Powder: 1.25 Scoops / approx. 38 g
- Vanilla Bean Paste: 1 tsp / 5 ml (shows real vanilla specks)
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g

PREPARATION:

1. Whisk or blend the almond milk, vanilla protein powder, vanilla bean paste, sugar-free instant pudding mix, and sweetener together until perfectly smooth.
2. Pour the white base directly into the Creami pint up to the Max Fill line. Freeze flat for 24 hours.
3. Process the pint on the Lite Ice Cream program.
4. Since there is no mix-in step, check the texture immediately. If it looks dry, add 1 tablespoon of almond milk and run a Re-Spin for the ultimate velvet finish.

Tip: Using vanilla bean paste instead of cheap vanilla extract makes a massive difference here—it injects thousands of real aromatic vanilla specks into the ice cream.

NUTRITIONAL VALUES per serving: Calories: approx. 125 | Fat: 2 g | Carbs: 4 g | Sugar: 0 g | Protein: 24 g

BLUEBERRY MUFFIN CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Vanilla Protein Powder: 1.25 Scoops / approx. 38 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Fresh or Frozen Blueberries: ¼ Cup / 35 g (blended into the base)
- Mix-In: 1 Small Low-Carb Blueberry Muffin / approx. 30 g (crumbled)

PREPARATION:

1. Place the unsweetened almond milk, vanilla protein powder, sugar-free instant pudding mix, and the blueberries into a high-speed blender.
2. Blend on high for 45 seconds until the blueberries are completely liquefied and the liquid turns a vibrant purple color.
3. Pour the liquid base into the Creami pint container, secure the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Lite Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom of the pint, drop in the crumbled low-carb blueberry muffin pieces, and run the Mix-In program.

Tip: Blending a few real blueberries directly into the liquid base adds natural pectin, which works alongside the pudding mix to create a much smoother texture.

NUTRITIONAL VALUES per serving: Calories: approx. 160 | Fat: 3,5 g | Carbs: 9 g | Sugar: 1,5 g | Protein: 25 g

SALTED CARAMEL MACADAMIA NUT



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Salted Caramel Protein Powder: 1.25 Scoops / approx. 38 g
- Xanthan Gum: ¼ tsp / 1 g
- Sea Salt: ¼ tsp
- Granulated Sweetener (Erythritol): 1 Tbsp / 12 g
- Mix-In: 2 Tbsp / 16 g macadamia nuts (roasted and chopped)

PREPARATION:

1. Pour the unsweetened almond milk into a high-speed blender, then add the salted caramel protein powder, xanthan gum, sea salt, and granulated sweetener.
2. Blend on high speed for 30 seconds until the powder is fully dissolved and the liquid is completely smooth.
3. Pour the caramel mixture into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process the fully frozen pint on the Lite Ice Cream program.
5. If the texture looks slightly powdery after the first spin, add 1 tablespoon of almond milk and press Re-Spin.
6. Dig a small hole down the center of the ice cream, drop in the chopped roasted macadamia nuts, and run the Mix-In program.

Tip: Macadamia nuts have a naturally high-fat, buttery texture that provides a premium crunch contrast against this ultra-lean, low-calorie caramel base.

NUTRITIONAL VALUES per serving: Calories: approx. 185 | Fat: 8,5 g | Carbs: 4 g | Sugar: 0,1 g | Protein: 24 g

ROASTED PEACH & VANILLA CREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Vanilla Protein Powder: 1.25 Scoops / approx. 38 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Ripe Peach: ½ medium / approx. 75 g (chopped)
- Granulated Erythritol: 1 Tbsp / 12 g
- Mix-In: The other ½ of the peach (finely diced)

PREPARATION:

1. Place the almond milk, vanilla protein powder, sugar-free instant pudding mix, the first half of the chopped peach, and erythritol into a blender.
2. Blend on high for 45 seconds until the peach is completely smooth and liquefied into the vanilla cream base.
3. Pour the smooth mixture into your Creami pint container and freeze flat for 24 hours.
4. Process the fully frozen pint on the Lite Ice Cream program. Run a Re-Spin with 1 Tbsp of almond milk if it looks powdery.
5. Dig a center hole, drop in the remaining finely diced fresh peach pieces, and execute the Mix-In cycle.

Tip: Blending half of the fruit directly into the liquid cream provides natural fruit starches that work alongside the pudding mix to eliminate any iciness.

NUTRITIONAL VALUES per serving: Calories: approx. 145 | Fat: 2 g | Carbs: 7 g | Sugar: 3,5 g | Protein: 24 g

CREAMY STRAWBERRY KEY LIME PIE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: 1 ½ Cups / 360 ml
- Strawberry Protein Powder: 1.25 Scoops / approx. 38 g
- Fresh Lime Juice: 1 Tbsp / 15 ml
- Fresh Lime Zest: ¼ tsp
- Xanthan Gum: ¼ tsp / 1 g
- Granulated Erythritol: 1 Tbsp / 12 g
- Mix-In: 2 sugar-free digestive or graham cookies (crumbled)

PREPARATION:

1. Combine the almond milk, strawberry protein powder, fresh lime juice, lime zest, xanthan gum, and erythritol in a high-speed blender.
2. Blend on high for 30 seconds until the xanthan gum thickens the liquid into a silky texture.
3. Pour the bright pink base into the Creami pint container, seal the lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Lite Ice Cream program.
5. Dig a 1.5-inch wide hole down to the bottom, drop in the crumbled sugar-free cookies, and press the Mix-In button.

Tip: The fresh lime juice cuts right through the artificial sweetness of the protein powder, giving this low-fat ice cream an incredibly authentic and refreshing tartness.

NUTRITIONAL VALUES per serving: Calories: approx. 150 | Fat: 3 g | Carbs: 6 g | Sugar: 0,8 g | Protein: 24 g

WILD BLUEBERRY GREEK FROZEN YOGURT



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Almond Milk: $\frac{3}{4}$ Cup / 180 ml
- Plain Fat-Free Greek Yogurt: $\frac{3}{4}$ Cup / 180 g
- Vanilla or Blueberry Protein Powder: 1.25 Scoops / approx. 38 g
- Fresh or Frozen Blueberries: $\frac{1}{2}$ Cup / 50 g
- Guar Gum or Xanthan Gum: $\frac{1}{4}$ tsp / 1 g
- Liquid Stevia: 3–4 drops (to taste)

PREPARATION:

1. Place the almond milk, Greek yogurt, protein powder, blueberries, stabilizer gum, and liquid stevia into a high-speed blender.
2. Blend on high for 45 seconds until the blueberries are fully pulverized and the liquid base has a rich, deep purple color.
3. Pour the mixture into the Creami pint and freeze flat on a level shelf for 24 hours.
4. Process on the Lite Ice Cream program. Since Greek yogurt freezes quite dense, this recipe will almost always benefit from a quick Re-Spin with a tiny splash of almond milk.

Tip: Greek yogurt provides a great natural boost of slow-digesting casein proteins and lactic acids, which gives this treat a dense, authentic frozen yogurt mouthfeel.

NUTRITIONAL VALUES per serving: Calories: approx. 165 | Fat: 2 g | Carbs: 8 g | Sugar: 4 g | Protein: 28 g

TROPICAL MANGO PINEAPPLE SWIRL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Unsweetened Coconut Almond Milk: 1 ½ Cups / 360 ml (or plain almond milk + 2 drops coconut extract)
- Vanilla Bean Protein Powder: 1.25 Scoops / approx. 38 g
- Frozen Mango Chunks: ½ Cup / 50 g
- Frozen Pineapple Chunks: ½ Cup / 50 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g

PREPARATION:

1. Pour the coconut almond milk into a high-speed blender. Add the protein powder, frozen mango chunks, frozen pineapple chunks, and sugar-free instant vanilla pudding mix.
2. Blend on high speed for 45 seconds until the frozen tropical fruits are completely smooth with no remaining icy lumps.
3. Pour the bright yellow base into your Creami pint container, lock the lid, and freeze flat for 24 hours.
4. Process the fully frozen pint on the Lite Ice Cream program.

Tip: Using a blend of coconut almond milk gives the base an immediate tropical flavor profile without adding the high fats and calories of real canned coconut cream.

NUTRITIONAL VALUES per serving: Calories: approx. 155 | Fat: 2,5 g | Carbs: 9 g | Sugar: 5 g | Protein: 24 g



SORBETS



TROPICAL PIÑA COLADA ISOLATE SORBET



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Pineapple or Coconut Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Pineapple Chunks (Fresh or Canned): 1 Cup / 150 g
- Lime Juice: 1 Tbsp / 15 ml
- Coconut Extract: ¼ tsp

PREPARATION:

1. Mix the water and clear whey isolate powder in a shaker bottle. Let it sit for 2 minutes until the foam has completely settled.
2. Pour the clear liquid into a blender, then add the pineapple chunks, fresh lime juice, and coconut extract.
3. Blend on high speed for 45 seconds until the pineapple chunks are completely liquefied into a smooth tropical puree.
4. Pour the mixture into your Creami pint container up to the Max Fill line, attach the lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Sorbet program. If the texture looks slightly icy or crumbly after the first spin, add 1 tablespoon of water and run a Re-Spin.

Tip: Pineapple contains high amounts of natural sugars and structural fibers that act as an excellent stabilizer, helping this dairy-free sorbet achieve a very smooth, scoopable texture.

NUTRITIONAL VALUES per serving: Calories: approx. 115 | Fat: 0,2 g | Carbs: 15 g | Sugar: 11 g | Protein: 11 g

WILD BERRY ANTIOXIDANT SORBET



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Mixed Berry Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Frozen Mixed Berries (Strawberries, Raspberries, Blueberries): 1 Cup / 140 g (Thawed before blending)
- Liquid Stevia: 3–4 drops (to taste)
- Xanthan Gum: ¼ tsp / 0.5 g

PREPARATION:

1. Mix the water and clear whey isolate in a shaker bottle and wait 2 minutes for the foam to dissolve.
2. Pour the clear protein liquid into a high-speed blender. Add the thawed mixed berries, liquid stevia, and a tiny pinch of xanthan gum.
3. Blend on high for 45 seconds until the berry seeds are pulverized and the mixture forms a uniform purple puree.
4. Pour the base into the Creami pint container, secure the storage lid, and freeze flat for 24 hours.
5. Process the fully frozen pint on the Sorbet program.

Tip: Thawing frozen berries before blending is crucial. It allows the natural pectins and juices to fully release, which binds the water molecules tightly during the freezing process and prevents massive ice crystals.

NUTRITIONAL VALUES per serving: Calories: approx. 95 | Fat: 0,3 g | Carbs: 11 g | Sugar: 6 g | Protein: 11 g

WATERMELON LIME ISOLATE SPLASH



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: ½ Cup / 120 ml
- Watermelon or Lime Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Fresh Watermelon Chunks: 1.5 Cups / 225 g (seeds removed)
- Fresh Lime Juice: 1 Tbsp / 15 ml
- Xanthan Gum: ¼ tsp / 0.5 g

PREPARATION:

1. Mix the water and clear whey isolate in a shaker bottle and wait 2 minutes for the foam to settle completely.
2. Pour the clear protein liquid into a blender, then add the fresh watermelon chunks, fresh lime juice, and xanthan gum.
3. Blend on high speed for 45 seconds until completely smooth and liquefied.
4. Pour the pink mixture into your Creami pint container up to the Max Fill line, attach the lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Sorbet program.

Tip: Watermelon has an extremely high water content and can easily freeze rock-solid. The tiny pinch of xanthan gum is mandatory here to keep the ice shaved texture holding together like a real scoopable sorbet.

NUTRITIONAL VALUES per serving: Calories: approx. 95 | Fat: 0,1 g | Carbs: 11 g | Sugar: 9 g | Protein: 11 g

ZESTY GREEN APPLE CLEAR FIZZ



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Apple or Unflavored Clear Whey Isolate: 1 Scoop / approx. 25 g
- Green Apple (Granny Smith): 1 medium / approx. 150 g (peeled, cored, and chopped)
- Fresh Lemon Juice: 1 Tbsp / 15 ml
- Liquid Stevia: 3-4 drops (to taste)

PREPARATION:

1. Mix the water and clear whey isolate in a shaker bottle and let the foam dissolve for 2 minutes.
2. Pour the clear protein liquid into a high-speed blender, then add the chopped green apple, fresh lemon juice, and liquid stevia.
3. Blend on high speed for at least 60 seconds until the green apple chunks are completely pulverized into a smooth, light green puree.
4. Pour the mixture into the Creami pint container, seal the storage lid, and freeze flat for 24 hours.
5. Process the fully frozen pint on the Sorbet program. If it looks snowy after the first spin, add 1 tablespoon of water and run a Re-Spin.

Tip: Leaving a tiny bit of the apple skin on adds natural pectins which naturally increases the creaminess of the shave, but peeling it completely ensures a beautiful, pure pastel-green color.

NUTRITIONAL VALUES per serving: Calories: approx. 105 | Fat: 0,2 g | Carbs: 14 g | Sugar: 10 g | Protein: 11 g

TANGY PASSION FRUIT PEACH GLOW



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Peach or Passion Fruit Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Canned Sliced Peaches (in water/unsweetened): 1 Cup / 150 g (drained)
- Passion Fruit Pulp: 2 Tbsp / 30 ml (seeds removed)
- Granulated Erythritol: 1 Tbsp / 12 g

PREPARATION:

1. Mix the water and clear whey isolate powder in a shaker bottle and wait 2 minutes until clear.
2. Pour the protein liquid into a blender. Add the drained peach slices, passion fruit pulp, and erythritol.
3. Blend on high speed for 45 seconds until you get a rich, vibrant orange puree.
4. Pour into the Creami pint container, close the lid, and freeze flat for 24 hours.
5. Process the pint on the Sorbet program.

Tip: Peaches are rich in natural fruit starches. This makes peach-based sorbets exceptionally creamy when micro-shaved by the Creami blade, mimicking a dairy-like texture.

NUTRITIONAL VALUES per serving: Calories: approx. 98 | Fat: 0,1 g | Carbs: 12 g | Sugar: 8 g | Protein: 11 g

RUBY RED GRAPEFRUIT LIME ZING



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Fresh Ruby Red Grapefruit Juice: 1 Cup / 240 ml (pulp strained)
- Water: ¼ Cup / 60 ml
- Unflavored or Citrus Clear Whey Isolate: 1 Scoop / approx. 25 g
- Fresh Lime Juice: 1 Tbsp / 15 ml
- Liquid Stevia: 5–6 drops (to balance the bitterness)
- Xanthan Gum: ¼ tsp / 0.5 g

PREPARATION:

1. Mix the water, grapefruit juice, and clear whey isolate in a shaker bottle. Allow the foam to settle for 2 to 3 minutes.
2. Pour the liquid into a blender, add the fresh lime juice, liquid stevia, and xanthan gum.
3. Blend on high speed for 30 seconds to activate the xanthan gum.
4. Pour the pink citrus base into the Creami pint container and freeze flat for 24 hours.
5. Process on the Sorbet program.

Tip: Pure citrus juices lack the fiber solids of blended whole fruits. The xanthan gum is vital to hold the micro-shaved citrus crystals together, preventing a slushy texture.

NUTRITIONAL VALUES per serving: Calories: approx. 110 | Fat: 0,1 g | Carbs: 13 g | Sugar: 9 g | Protein: 11 g

SWEET CHERRY LEMONADE FREEZE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Lemonade Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Dark Sweet Cherries (Frozen or Fresh): 1 Cup / 140 g (pitted, thawed if frozen)
- Fresh Lemon Juice: 1 Tbsp / 15 ml
- Granulated Erythritol: 1 Tbsp / 12 g

PREPARATION:

1. Mix the water and lemonade clear whey isolate in a shaker bottle and wait 2 minutes until clear.
2. Pour the clear protein liquid into a high-speed blender, then add the pitted cherries, fresh lemon juice, and erythritol.
3. Blend on high speed for 45 seconds until the dark cherries are completely integrated into a deep red, smooth liquid.
4. Pour the cherry base into the Creami pint container up to the Max Fill line, attach the lid, and freeze flat for 24 hours.
5. Process the frozen pint on the Sorbet program.

Tip: If your cherries are naturally very sweet, you can completely skip the extra erythritol. The tart lemonade protein base balances out the natural cherry sugars beautifully.

NUTRITIONAL VALUES per serving: Calories: approx. 120 | Fat: 0,3 g | Carbs: 16 g | Sugar: 12 g | Protein: 11 g



GELATOS



CREAMY HAZELNUT GIANDUJA GELATO



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: ¼ Cup / 60 ml
- Chocolate Casein Protein Powder: 1 Scoop / approx. 30 g
- Pure Hazelnut Butter (100% Hazelnuts): 1 Tbsp / 16 g
- Granulated Erythritol: 1 Tbsp / 12 g
- Mix-In: 1 Tbsp / 8 g chopped dark chocolate chips

PREPARATION:

1. Pour the whole milk, heavy cream, and hazelnut butter into a blender. Add the chocolate casein and erythritol.
2. Blend on high speed for 30 seconds until the hazelnut butter is completely smooth and integrated.
3. Pour the thick mixture into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Gelato program to achieve a dense, premium Italian texture.
5. Dig a small hole down the center, drop in the chopped dark chocolate chips, and run the Mix-In program.

Tip: Casein protein works infinitely better than whey for the Gelato setting because it forms a thick paste when wet, which prevents too much air from being whipped into the base.

NUTRITIONAL VALUES per serving: Calories: approx. 235 | Fat: 13 g | Carbs: 6 g | Sugar: 2,5 g | Protein: 24 g

ITALIAN STRACCIATELLA CLASSICO



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: ¼ Cup / 60 ml
- Vanilla Casein Protein Powder: 1 Scoop / approx. 30 g
- Vanilla Bean Paste: 1 tsp / 5 ml
- Xanthan Gum: ¼ tsp / 1 g
- Mix-In: 2 Tbsp / 20 g high-quality dark chocolate (85%, finely shaved with a knife)

PREPARATION:

1. Whisk or blend the whole milk, heavy cream, vanilla casein, vanilla bean paste, and xanthan gum together until completely smooth.
2. Pour the vanilla cream base into the Creami pint and freeze flat on a level shelf for 24 hours.
3. Process the pint on the Gelato program.
4. Once finished, dig a narrow hole down to the bottom, drop in the finely shaved dark chocolate flakes, and run the Mix-In program.

Tip: For authentic Italian Stracciatella, do not use standard chocolate chips. Shaving a real dark chocolate bar with a knife creates thin chocolate shards that melt instantly on your tongue.

NUTRITIONAL VALUES per serving: Calories: approx. 220 | Fat: 11 g | Carbs: 5 g | Sugar: 2,2 g | Protein: 24 g

SICILIAN PISTACHIO PRALINE GELATO



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: ¼ Cup / 60 ml
- Vanilla or Unflavored Casein Protein Powder: 1 Scoop / approx. 30 g
- Pure Pistachio Paste (100% Pistachios): 1.5 Tbsp / 24 g
- Almond Extract: 2 drops (optional, brings out the nuttiness)
- Mix-In: 1 Tbsp / 8 g crushed raw Sicilian pistachios

PREPARATION:

1. Add the whole milk, heavy cream, pistachio paste, casein protein powder, and optional almond extract into a high-speed blender.
2. Blend on high for 40 seconds until the pistachio paste is fully dissolved and the base has a rich pastel-green hue.
3. Pour into the Creami pint and freeze flat for 24 hours.
4. Process on the Gelato program.
5. Create a center cavity, drop in the crushed raw pistachios, and run the Mix-In cycle.

Tip: Real pistachio paste is thick and contains natural oils that interact perfectly with the slower blade speed of the Gelato setting, creating an incredibly silky texture.

NUTRITIONAL VALUES per serving: Calories: approx. 265 | Fat: 15 g | Carbs: 7 g | Sugar: 2,6 g | Protein: 25 g

RICH SALTED BUTTER PECAN CUSTARD



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: 2 Tbsp / 30 ml
- Vanilla Casein Protein Powder: 1 Scoop / approx. 30 g
- Egg Yolks: 2 large yolks
- Sugar-Free Maple or Brown Sugar Syrup: 2 Tbsp / 30 ml
- Sea Salt: ¼ tsp
- Mix-In: 2 Tbsp / 15 g chopped toasted pecans

PREPARATION:

1. Whisk the egg yolks, salt, and sugar-free syrup in a bowl until smooth.
2. Gently heat the whole milk in a pan until warm, then slowly pour it into the egg yolks while whisking constantly.
3. Pour the mixture back into the pan and stir over low heat for 2 minutes until slightly thickened (do not boil).
4. Let it cool completely, then blend with the heavy cream and vanilla casein. Freeze flat for 24 hours.
5. Process on the Gelato program, add the chopped pecans to the center, and run the Mix-In cycle.

Tip: Heating the egg yolks with milk creates a traditional custard base. This adds an ultra-rich mouthfeel that mimics real artisanal Italian gelato.

NUTRITIONAL VALUES per serving: Calories: approx. 240 | Fat: 13,5 g | Carbs: 5 g | Sugar: 2,1 g | Protein: 26 g

DARK CHOCOLATE SEA SALT FUDGE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: ¼ Cup / 60 ml
- Chocolate Casein Protein Powder: 1 Scoop / approx. 30 g
- Unsweetened Cocoa Powder: 2 Tbsp / 16 g
- Granulated Erythritol: 1.5 Tbsp / 18 g
- Flaky Sea Salt (Maldon): ¼ tsp

PREPARATION:

1. Combine the whole milk, heavy cream, chocolate casein, cocoa powder, and erythritol in a high-speed blender.
2. Blend for 30 seconds until the cocoa powder is fully incorporated and the base is highly viscous.
3. Pour the chocolate mixture into the Creami pint container and freeze flat for 24 hours.
4. Process on the Gelato program.
5. Serve immediately and sprinkle the flaky sea salt directly onto the fresh scoop.

Tip: Do not blend the flaky sea salt into the base before freezing, or it will dissolve. Adding it right on top before serving creates amazing bursts of contrast against the rich chocolate.

NUTRITIONAL VALUES per serving: Calories: approx. 195 | Fat: 9,5 g | Carbs: 7 g | Sugar: 2 g | Protein: 24 g

CAFFÈ LATTE ESPRESSO CREMA



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Heavy Cream: ¼ Cup / 60 ml
- Vanilla or Coffee Casein Protein Powder: 1 Scoop / approx. 30 g
- Instant Espresso Powder: 1.5 tsp / 3 g
- Granulated Erythritol: 1 Tbsp / 12 g
- Mix-In: 1 Tbsp / 10 g sugar-free dark chocolate chips (slightly crushed)

PREPARATION:

1. Dissolve the instant espresso powder directly into the whole milk.
2. Pour the coffee milk, heavy cream, casein protein powder, and erythritol into a blender. Blend on high for 30 seconds until smooth.
3. Pour the coffee cream into your Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Gelato program.
5. Dig a center hole, drop in the crushed chocolate chips, and execute the Mix-In program.

Tip: Espresso powder contains strong aromatic oils that pair beautifully with the fat molecules in the heavy cream, resulting in a very dense, barista-style dessert.

NUTRITIONAL VALUES per serving: Calories: approx. 195 | Fat: 9 g | Carbs: 5,5 g | Sugar: 2,3 g | Protein: 24 g

TIRAMISU MASCARPONE DREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
2



INGREDIENTS:

- Whole Milk: 1 Cup / 240 ml
- Mascarpone Cheese: 2 Tbsp / 30 g (softened)
- Vanilla or Coffee Casein Protein Powder: 1 Scoop / approx. 30 g
- Rum Extract: 3 drops
- Mix-In: 1 sugar-free ladyfinger cookie (broken into small pieces and soaked in 1 Tbsp of brewed espresso)

PREPARATION:

1. Whisk the softened mascarpone cheese with a little warm whole milk until completely smooth with no lumps.
2. Add the mascarpone mix, remaining milk, protein powder, and rum extract into a blender. Blend on high for 30 seconds.
3. Pour into the Creami pint and freeze flat for 24 hours.
4. Process the pint on the Gelato program.
5. Dig a center hole, drop in the espresso-soaked ladyfinger cookie pieces, and press the Mix-In button.

Tip: Mascarpone cheese provides a rich, buttery, and slightly sweet dairy texture that is absolutely vital for capturing the true soul of an Italian Tiramisu.

NUTRITIONAL VALUES per serving: Calories: approx. 240 | Fat: 12 g | Carbs: 8 g | Sugar: 2,8 g | Protein: 24 g



SMOOTHIE- BOWLS



BERRY BREAKFAST POWER BOWL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Unsweetened Almond Milk: 1 Cup / 240 ml
- Vanilla Whey Protein Powder: 1 Scoop / approx. 30 g
- Frozen Mixed Berries: $\frac{3}{4}$ Cup / 100 g
- Xanthan Gum: $\frac{1}{4}$ tsp / 0.5 g
- Toppings (Add after spinning): 1 Tbsp chia seeds, 5 fresh raspberries, 1 Tbsp granola

PREPARATION:

1. Place the almond milk, vanilla protein powder, frozen mixed berries, and xanthan gum into a high-speed blender.
2. Blend on high for 45 seconds until the berries are fully incorporated into a thick, smooth liquid.
3. Pour the mixture into your Creami pint container, secure the lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Smoothie Bowl program.
5. Transfer the thick smoothie base into a serving bowl and arrange the chia seeds, fresh raspberries, and granola neatly on top.

Tip: Smoothie bowls processed on this setting are meant to be dense and spoonable. Do not add extra liquid after spinning unless you want a drinkable shake.

NUTRITIONAL VALUES per serving: Calories: approx. 175 | Fat: 3 g | Carbs: 11 g | Sugar: 5 g | Protein: 25 g

GREEN TROPICAL ISOLATE BOOST



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Water: 1 Cup / 240 ml
- Tropical or Pineapple Flavor Clear Whey Isolate: 1 Scoop / approx. 25 g
- Fresh Baby Spinach: 1 Handful / approx. 20 g
- Frozen Mango Chunks: ½ Cup / 75 g
- Toppings (Add after spinning): 1 Tbsp unsweetened coconut flakes, 1 tsp hemp seeds

PREPARATION:

1. Blend the water, clear whey isolate, fresh baby spinach, and frozen mango chunks on high speed for a full 60 seconds until the spinach is completely pulverized and the liquid is bright green.
2. Pour the base into your Creami pint and freeze flat for 24 hours.
3. Process the pint on the Smoothie Bowl program.
4. Spoon the vibrant green base into a bowl and garnish with coconut flakes and hemp seeds.

Tip: Using Clear Whey Isolate instead of standard milky vanilla powder keeps the tropical mango and spinach flavors incredibly crisp, clean, and refreshing.

NUTRITIONAL VALUES per serving: Calories: approx. 135 | Fat: 0,5 g | Carbs: 12 g | Sugar: 9 g | Protein: 21 g

PEANUT BUTTER BANANA OATS BOWL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Whole Milk: ¾ Cup / 180 ml
- Banana or Vanilla Protein Powder: 1 Scoop / approx. 30 g
- Rolled Oats: 2 Tbsp / 12 g
- Pure Creamy Peanut Butter: 1 Tbsp / 16 g
- Toppings (Add after spinning): 4-5 banana slices, 1 tsp peanut butter drizzle

PREPARATION:

1. Combine the whole milk, protein powder, rolled oats, and creamy peanut butter in a blender.
2. Blend on high for 30 seconds until the oats are fully ground and the mixture is uniform.
3. Pour into your Creami pint container and freeze flat for 24 hours.
4. Process on the Smoothie Bowl program.
5. Scoop into a bowl, line up the fresh banana slices on top, and warm up a teaspoon of peanut butter to drizzle over it.

Tip: Blending rolled oats directly into the base before freezing adds complex carbohydrates and a natural density that makes the bowl incredibly filling.

NUTRITIONAL VALUES per serving: Calories: approx. 340 | Fat: 13 g | Carbs: 21 g | Sugar: 8 g | Protein: 32 g

FUDGY CHOCOLATE AVOCADO FUEL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Unsweetened Almond Milk: 1 Cup / 240 ml
- Chocolate Protein Powder: 1 Scoop / approx. 30 g
- Ripe Avocado: ¼ medium / approx. 35 g
- Unsweetened Cocoa Powder: 1 Tbsp / 8 g
- Granulated Erythritol: 1 Tbsp / 12 g
- Toppings (Add after spinning): 1 Tbsp cacao nibs, 3 crushed walnuts, 1 fresh strawberry

PREPARATION:

1. Place the almond milk, chocolate protein powder, ripe avocado flesh, cocoa powder, and erythritol into a high-speed blender.
2. Blend on high for 45 seconds until the avocado is completely liquefied and the liquid is thick and chocolatey.
3. Pour the mixture into your Creami pint container, secure the lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Smoothie Bowl program.
5. Spoon the ultra-creamy base into a bowl and garnish with cacao nibs, crushed walnuts, and a sliced strawberry.

Tip: Avocado is the ultimate healthy fat secret weapon for low-calorie smoothie bowls. It replaces the creaminess of heavy dairy and adds a velvet, velvety finish without adding any avocado flavor.

NUTRITIONAL VALUES per serving: Calories: approx. 210 | Fat: 9 g | Carbs: 9 g | Sugar: 0,2 g | Protein: 25 g

ICED CARAMEL MACCHIATO MORNING



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Unsweetened Almond Milk: 1 Cup / 240 ml
- Vanilla or Coffee Protein Powder: 1 Scoop / approx. 30 g
- Instant Espresso Powder: 1 tsp / 2 g
- Sugar-Free Caramel Syrup: 2 Tbsp / 30 ml
- Xanthan Gum: ¼ tsp / 0.5 g
- Toppings (Add after spinning): 1 Tbsp sugar-free chocolate flakes, a dusting of cinnamon

PREPARATION:

1. Dissolve the instant espresso powder directly into the almond milk.
2. Pour the coffee milk, protein powder, sugar-free caramel syrup, and xanthan gum into a blender and blend for 30 seconds.
3. Pour into the Creami pint container and freeze flat for 24 hours.
4. Process the pint on the Smoothie Bowl program.
5. Scoop the thick coffee base into your serving dish, garnish with chocolate flakes, and dust lightly with cinnamon.

Tip: Ensure the espresso powder is fully dissolved before freezing to prevent any bitter coffee pockets from forming in the base.

NUTRITIONAL VALUES per serving: Calories: approx. 135 | Fat: 2,5 g | Carbs: 4 g | Sugar: 0,1 g | Protein: 24 g

CREAMY COCONUT VANILLA BEAN DREAM



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Light Canned Coconut Milk: $\frac{3}{4}$ Cup / 180 ml
- Unsweetened Almond Milk: $\frac{1}{4}$ Cup / 60 ml
- Vanilla Bean Protein Powder: 1 Scoop / approx. 30 g
- Vanilla Bean Paste: 1 tsp / 5 ml
- Toppings (Add after spinning): 1 Tbsp toasted coconut chips, 5 blueberries, 1 tsp chia seeds

PREPARATION:

1. Combine the light canned coconut milk, almond milk, vanilla protein powder, and vanilla bean paste in a blender.
2. Blend on high speed for 30 seconds until the mixture is uniform and silky smooth.
3. Pour the white base into your Creami pint container and freeze flat for 24 hours.
4. Process on the Smoothie Bowl program.
5. Spoon into a bowl and arrange the toasted coconut chips, fresh blueberries, and chia seeds neatly on top.

Tip: Light canned coconut milk strikes the perfect balance for a smoothie bowl—it provides the authentic tropical fat molecules needed for a heavy texture without the massive calorie count of full-fat coconut cream.

NUTRITIONAL VALUES per serving: Calories: approx. 215 | Fat: 8 g | Carbs: 6 g | Sugar: 1,5 g | Protein: 25 g

ZEN MATCHA GREEN TEA BOOSTER



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Unsweetened Almond Milk: 1 Cup / 240 ml
- Vanilla Protein Powder (Whey/Casein Blend): 1 Scoop / approx. 30 g
- Ceremonial Grade Matcha Powder: 1.5 tsp / 3 g
- Granulated Erythritol: 1 Tbsp / 12 g
- Xanthan Gum: ¼ tsp / 0.5 g
- Toppings (Add after spinning): 1 Tbsp sliced almonds, 1 tsp pumpkin seeds (pepitas)

PREPARATION:

1. Pour the almond milk into a high-speed blender, then add the vanilla protein powder, matcha powder, erythritol, and xanthan gum.
2. Blend on high for 40 seconds until the green matcha powder is completely dissolved and the liquid is a vibrant pastel green.
3. Pour into the Creami pint container, seal the storage lid, and freeze flat for 24 hours.
4. Process on the Smoothie Bowl program.
5. Scoop into a modern bowl and garnish with the sliced almonds and raw pumpkin seeds.

Tip: Use ceremonial grade matcha powder rather than culinary grade. Ceremonial matcha retains a brilliant, emerald-green color when frozen and has a much smoother, less bitter taste profiles.

NUTRITIONAL VALUES per serving: Calories: approx. 140 | Fat: 2,5 g | Carbs: 5 g | Sugar: 0 g | Protein: 24 g

TROPICAL MANGO COCONUT PARADISE



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

- Light Canned Coconut Milk: $\frac{3}{4}$ Cup / 180 ml
- Unsweetened Almond Milk: $\frac{1}{4}$ Cup / 60 ml
- Vanilla Whey Protein Powder: 1 Scoop / approx. 30 g
- Frozen Mango Chunks: $\frac{1}{2}$ Cup / 75 g
- Xanthan Gum: $\frac{1}{4}$ tsp / 0.5 g
- Toppings (Add after spinning): 1 Tbsp unsweetened toasted coconut flakes, 4 fresh mango cubes, 1 tsp chia seeds

PREPARATION:

1. Place the light coconut milk, almond milk, vanilla protein powder, frozen mango chunks, and xanthan gum into a blender.
2. Blend on high speed for 45 seconds until the mango is fully liquefied and the base is a smooth, thick yellow cream.
3. Pour the liquid mixture into your Creami pint container, lock the lid, and freeze flat for 24 hours.
4. Process the frozen pint on the Smoothie Bowl program.
5. Spoon the thick tropical base into a serving dish and neatly arrange the toasted coconut flakes, mango cubes, and chia seeds on top.

Tip: Light canned coconut milk adds the necessary tropical fats to create an ultra-creamy texture that pairs beautifully with mango, while keeping the overall calories lower than using full-fat coconut cream.

NUTRITIONAL VALUES per serving: Calories: approx. 225 | Fat: 7,5 g | Carbs: 13 g | Sugar: 8,5 g | Protein: 25 g

RASPBERRY VANILLA TART SWIRL



Prep Time:
5 MIN



Freeze Time:
24 HR



Servings:
1



INGREDIENTS:

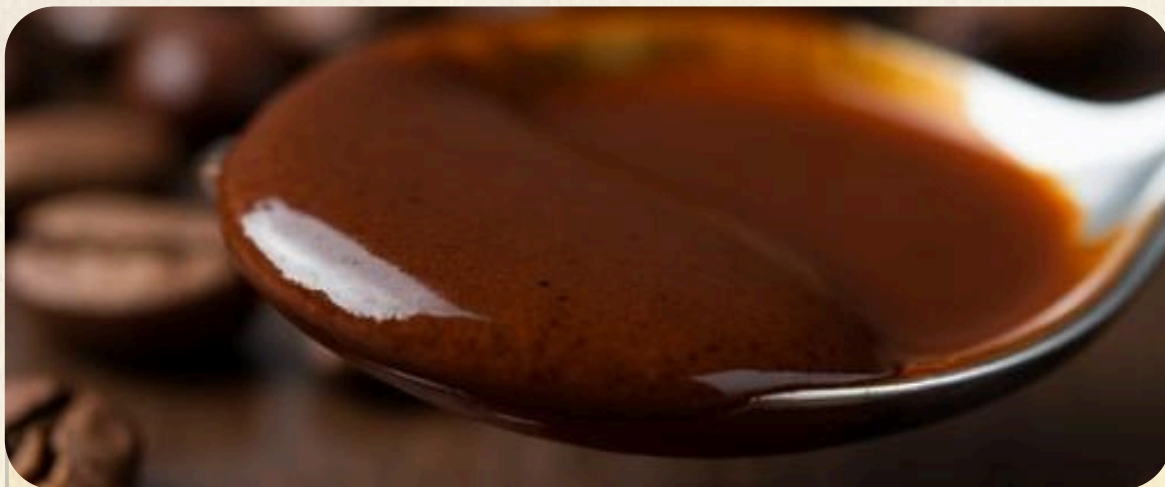
- Unsweetened Almond Milk: 1 Cup / 240 ml
- Vanilla Bean Protein Powder: 1 Scoop / approx. 30 g
- Frozen Raspberries: ¼ Cup / 95 g
- Sugar-Free Instant Vanilla Pudding Mix: 1 Tbsp / 10 g
- Toppings (Add after spinning): 5 fresh raspberries, 1 Tbsp low-sugar granola, a dusting of vanilla bean powder

PREPARATION:

1. Put the unsweetened almond milk, vanilla protein powder, frozen raspberries, and sugar-free pudding mix into a high-speed blender.
2. Blend on high for 40 seconds until the raspberry seeds are well pulverized and the base turns a bright, uniform pink.
3. Pour the mixture into your Creami pint container, seal the storage lid, and freeze flat on a level shelf for 24 hours.
4. Process the pint on the Smoothie Bowl program.
5. Transfer the thick pink cream into a modern bowl and garnish with fresh raspberries and crunchy granola.

Tip: Raspberries are naturally tart and high in fiber. The sugar-free instant vanilla pudding mix helps balance this acidity perfectly while binding the liquid to prevent any icy crystallization.

NUTRITIONAL VALUES per serving: Calories: approx. 165 | Fat: 2,5 g | Carbs: 10 g | Sugar: 4,5 g | Protein: 24 g



**BONUS:
DESSERT
SAUCES**



VELVETY CHOCOLATE ICE CREAM



Preparation:
5 MIN



Freezing:

-



Portions:
4



INGREDIENTS:

- Base: 100ml (approx. $\frac{1}{3}$ cup) unsweetened almond milk (or any milk alternative).
- Flavoring: 2 tbsp (20g) unsweetened cocoa powder & a small pinch of sea salt.
- Sweetener: 30g (2 tbsp) powdered erythritol (for a smooth texture without grittiness).
- Texture Hack: A pinch of guar gum (thickens the sauce perfectly without cooking).
- Optional: 2 drops of rum extract or vanilla extract for extra depth

PREPARATION:

1. Dry Mix: Combine all dry ingredients (cocoa, erythritol, guar gum, salt) in a tall container or jar.
2. Blend: Add the almond milk and whisk vigorously with a milk frother or hand blender for about 1 minute until the sauce thickens slightly and looks glossy.
3. Rest: Place the sauce in the refrigerator for at least 10 minutes. This allows the guar gum to fully hydrate, creating that signature velvety texture.
4. Serve: Generously drizzle the cold sauce over your fresh Ninja Swirl creation.

Tip: Because this sauce isn't cooked, the cocoa aromas remain particularly vibrant and intense. When poured over ice-cold frozen yogurt or sorbet, it thickens further, creating a texture reminiscent of liquid chocolate mousse.

Nutritional information per serving: Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

FRUITY RASPBERRY COULIS



Preparation:
8 MIN



Freezing:
-



Portions:
4



INGREDIENTS:

- Fruit: 150g (approx. 1 cup) raspberries (fresh or thawed).
- Aroma: 1 tbsp freshly squeezed lemon juice & a pinch of Bourbon vanilla.
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol.
- Optional: 1 tsp chia seeds (for a thicker, jam-like consistency)

PREPARATION:

1. Puree: Blend the raspberries with the lemon juice, vanilla, and erythritol until completely smooth.
2. Strain: For a refined, velvety texture, press the puree through a fine-mesh sieve into a small bowl. This is essential to remove all seeds for a professional finish.
3. Thicken (Optional): If you prefer a thicker sauce, stir in the chia seeds and let them soak for about 15 minutes. Blend briefly again once the seeds have gelled.
4. Serve: Drizzle the coulis over your frozen yogurt or gently swirl it into the ice cream with a spoon for a beautiful marbled effect.

Tip: This coulis pairs exceptionally well with Classic Vanilla Dream or Pistachio ice cream. The fruity acidity of the raspberries cuts through the richness of the base, creating a perfectly balanced and refreshing taste experience.

Nutritional information per serving: Calories: approx. 15 | Fat: 0 g | Carbs: 2 g | Sugars: 0 g | Protein: 0 g

GOLDEN SALTED CARAMEL SAUCE



Preparation:
10 MIN



Freezing:
-



Portions:
4



INGREDIENTS:

- Base: 100ml (approx. $\frac{1}{3}$ cup) heavy cream (or full-fat coconut milk for a dairy-free option).
- Sweetener: 40g (3 tbsp) "Erythritol Gold" (brown erythritol for that essential caramel flavor).
- Fat: 10g (approx. $\frac{3}{4}$ tbsp) butter (or coconut oil).
- Aroma: $\frac{1}{2}$ tsp finely ground sea salt & $\frac{1}{2}$ tsp vanilla extract

PREPARATION:

1. Melt: Slowly melt the "Erythritol Gold" in a small saucepan over medium heat. Watch closely: it should become liquid but not too dark, as erythritol can burn quickly.
2. Combine: Add the butter and stir until melted. Slowly and carefully pour in the cream while stirring constantly until the mixture is smooth.
3. Thicken: Simmer over low heat for about 5 minutes until you reach your desired thickness. Finally, stir in the sea salt and vanilla.
4. Cool: Transfer the sauce to a jar. It will thicken significantly as it cools, reaching a perfect, velvety consistency.

Tip: This sauce will solidify in the refrigerator. Before serving, simply warm it briefly (10-20 seconds) in the microwave or a water bath so it can flow smoothly and golden over your Ninja Swirl creation.

Nutritional information per serving: Calories: approx. 95 | Fat: 10 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

CREAMY PEANUT CARAMEL ICE CREAM



Preparation:
5 MIN



Freezing:
-



Portions:
4



INGREDIENTS:

- Base: 80ml (approx. $\frac{1}{3}$ cup) unsweetened almond milk (or water) & 2 tbsp natural creamy peanut butter (100% nuts).
- Sweetener: 20g (approx. 1.5 tbsp) powdered "Erythritol Gold" (for that essential caramel aroma).
- Aroma: A pinch of sea salt (to make the peanut flavor "pop").

PREPARATION:

1. Warm: Briefly heat the almond milk in a small saucepan over medium heat or in the microwave for 20–30 seconds. Important: Do not let it boil.
2. Stir: Add the peanut butter, golden erythritol, and salt to the warm milk. Whisk vigorously until the peanut butter is fully emulsified and the mixture becomes a smooth, liquid cream.
3. Cool: Allow the sauce to rest for a few minutes. As it cools, it will naturally thicken to a perfect, viscous consistency.
4. Serve: Drizzle generously over your fresh Ninja Swirl creation.

Tip: This sauce is the perfect soulmate for any chocolate or banana-based ice cream. If it solidifies too much in the refrigerator, simply microwave it for 10 seconds to restore its silky, pourable texture.

Nutritional information per serving: Calories: approx. 65 | Fat: 5 g | Carbs: 1 g | Sugars: 0 g | Protein: 3 g

EXQUISITE PISTACHIO CREAM



Preparation:
5 MIN



Freezing:
-



Portions:
4



INGREDIENTS:

- Base: 100g (approx. 3.5 oz) Skyr or low-fat quark.
- Nut Component: 1 tbsp pure pistachio butter (100% nuts).
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol.
- Consistency: 1-2 tbsp unsweetened almond milk (to adjust thickness)

PREPARATION:

1. Mix: In a small bowl, whisk the Skyr (or quark) with the pistachio butter and powdered erythritol until smooth.
2. Adjust: Gradually stir in the almond milk, one tablespoon at a time, until the cream reaches a silky, flowing consistency.
3. Refine: For an extra-fine, professional texture, briefly whisk the mixture with an electric milk frother.
4. Serve: Drizzle over your fresh swirl or use it as a rich side for fruit-based sorbets.

Tip: This cream pairs exceptionally well with all berry sorbets or serves as an intense flavor booster for the Pistachio Dream. For the best experience, serve it slightly chilled to maintain its velvety structure.

Nutritional information per serving: Calories: approx. 45 | Fat: 3 g | Carbs: 2 g | Sugars: 0 g | Protein: 3 g

DARK ESPRESSO CHOCOLATE SAUCE



Preparation:
5 MIN



Freezing:
-



Portions:
4



INGREDIENTS:

- Base: 40ml (approx. 1.5 oz) cold espresso (strong brewed) & 60ml (approx. 2 oz) unsweetened almond milk.
- Flavoring: 2 tbsp (20g) unsweetened cocoa powder & a small pinch of sea salt.
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Texture Hack: A pinch of guar gum (for that professional, velvety thickness)

PREPARATION:

1. Combine: Place all liquid and dry ingredients into a tall container or jar.
2. Whisk: Use an electric milk frother or a hand blender to mix vigorously for about 1 minute until the sauce begins to thicken and takes on a silky, glossy texture.
3. Cool: Place the sauce in the refrigerator for 10–15 minutes. This allows the guar gum to fully set, creating the perfect pourable consistency.
4. Serve: Drizzle over your fresh Ninja Swirl, especially over coffee or vanilla-based recipes.

Tip: This sauce is the ultimate boost for your Coffee-Mocha Protein Kick. The combination of caffeine and dark cocoa creates an intense aroma that provides a brilliant contrast to creamy, milky ice cream flavors.

Nutritional information per serving: Calories: approx. 18 | Fat: 1 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g

SMOOTH VANILLA CUSTARD SAUCE



Preparation:
10 MIN



Freezing:

-



Portions:
4



INGREDIENTS:

- Base: 150ml (approx. $\frac{2}{3}$ cup) unsweetened almond milk.
- Richness: 1 egg yolk (size M).
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Aroma: 1 tsp vanilla extract & a small pinch of sea salt.
- Color Hack: A small pinch of turmeric (for that classic, appetizing yellow color)

PREPARATION:

1. Warm: Gently heat the almond milk, erythritol, and vanilla in a small saucepan over medium-low heat. Important: Do not let it boil.
2. Temper: Place the egg yolk in a separate bowl and whisk briefly. Slowly stir in a few tablespoons of the warm milk to equalize the temperature (this prevents the egg from scrambling).
3. Thicken: Return the mixture to the saucepan. Heat gently while stirring constantly with a whisk until the sauce thickens slightly and reaches a creamy consistency.
4. Cool: Remove from heat immediately. Let it cool slightly before serving it over your fresh Ninja Swirl creation.

Tip: This classic custard is the perfect sugar-free alternative to traditional vanilla sauce. It pairs exceptionally well with any Berry Sorbet or warm fruit mix-ins. For an extra refined look, strain it through a fine sieve before serving.

Nutritional information per serving: Calories: approx. 32 | Fat: 2 g | Carbs: 1 g | Sugars: 0 g | Protein: 1 g



You thought that was it?

The variety of recipes doesn't end there, because, as already hinted at on the cover, I want to give you access to many more recipe ideas. Yes, you'll receive exclusive access to over 1000 more promising recipes.

So, how do you get access to the "bonus library"? It's very simple. Scan the QR code shown below with a QR code app of your choice, then click on the displayed link and you'll be in the selection in no time.



It has been an absolute pleasure guiding you through the world of the Ninja Creami. I hope these recipes inspire you to create many delicious moments of your own, and I look forward to seeing you again for our next 'cooking adventure.

Yours truly, Emily

A LITTLE REMINDER...



JESUS SAID...

“I am the way and the truth and the life. No one comes to the Father except through me.”
(John 14:6)