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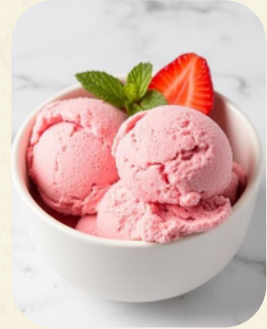
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Introduction

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 Swirl recipe book.



Ice cream is pure joy. But often, with that last spoonful, a slight sense of regret lingers – too much sugar, too many calories, and too heavy for everyday life. With this recipe book and your Ninja Creami, that feeling is a thing of the past.

"Guilt-free indulgence" isn't just an empty promise here; it's our guiding principle. We are using the innovative technology of the Ninja Creami to rewrite the rules of ice cream making. While traditional ice cream machines require vast amounts of sugar and cream to prevent ice crystals, the Creami harnesses raw power and precision. The result? A velvety texture made from ingredients you might otherwise eat for breakfast.

In these recipes, we have completely eliminated conventional refined sugar. Instead, we rely on the natural sweetness of fruit, high-quality protein sources, and modern, calorie-free alternatives such as erythritol or stevia.

For you, this means:

No blood sugar spikes: Ideal for a conscious diet or low-carb lifestyle.

Maximum protein: Many recipes also serve as the perfect post-workout meal.

Daily luxury: Why wait for a "cheat day" when your healthy ice cream tastes just as good as the original from a gelateria?

This book is meant to inspire you. Dare to experiment, combine ingredients in new ways, and discover how liberating it is to lick the cup clean (approx. 2 cups or 475 ml) – with a smile on your face and no guilt.

Ready, set, spoons!

WHY IT WORKS WITHOUT SUGAR

If you've ever tried making sugar-free ice cream in a conventional ice cream maker, you know the problem: either the mixture stays liquid, or it turns into a hard, inedible block of ice in the freezer. To understand why the Ninja Creami is a real game-changer, we need to take a quick look at the physics of ice cream.

The conventional trap

In traditional ice cream parlors, sugar isn't just for flavor; it's a structural component. Sugar lowers the freezing point of the mixture, preventing the water in the milk or fruit juice from freezing into large, hard crystals. If you simply omit the sugar, the slow churning of conventional machines will produce large ice crystals—resulting in a texture like frozen sand.

The Creami revolution: First freeze, then shave

The Ninja Creami reverses the entire process. Instead of stirring a liquid while it cools, it first freezes the mixture completely rock-hard. After 24 hours, you have a solid block that would be completely unusable in a normal ice cream maker.

This is where the Ninja principle comes in:

- High-speed blades: The Creami blades are not stirring paddles, but precision milling cutters. They move from top to bottom through the frozen block.
- Micro-milling technology: The blades rotate so fast that they "shave" the hard ice crystals into tiny, microscopic particles.
- Emulsifying under pressure: The speed and pressure of the downward movement transform even a low-fat, sugar-free liquid (like a simple protein shake) into a creamy, airy structure.

Freedom of ingredients

Because the machine creates the texture mechanically through sheer force, you are no longer dependent on the chemical properties of sugar. That's the magic: The Ninja Creami "forces" the creaminess that other machines have to painstakingly achieve using sugar and fat.

This means you can freeze a pint of pure, sweetened coffee today and enjoy a velvety espresso sorbet tomorrow. You are in control of the ingredients—the machine does the rest.

THE SWEETNESS OF THE NEW GENERATION

Sugar has a dual function in ice cream: it sweetens and it provides structure. If we replace it, we need to be clever. Here is your toolkit for perfect, sugar-free sweetness in the Ninja Creami.

1. The Synergy Effect: Combining instead of replacing

A single sweetener often has its own specific aftertaste (erythritol has a cooling effect, while stevia can sometimes be slightly bitter).

- **The Professional Mix:** Use a combination of erythritol (for body) and stevia or flavor drops (for intensity). By mixing them, the potential drawbacks of each are balanced out, and the sweetness tastes smoother and more natural.

2. Powdered Erythritol: Your best friend

Regular granulated erythritol dissolves poorly in cold liquids. In a Creami, this could result in an ice cream that feels "crunchy" or gritty between your teeth.

- **The Hack:** Buy powdered erythritol or pulse regular erythritol in a high-powered blender for 30 seconds. The fine, powdered texture blends seamlessly with your milk or yogurt base.

3. The Advantage of Flavor Drops

Flavor drops are a real insider tip for the Ninja Creami. Because they are highly concentrated, you only need a few drops.

- **Why they work so well:** They add flavor (e.g., butter cookie, banana, or white chocolate) without affecting the liquid balance of your recipe. In a sugar-free diet, they are the easiest way to add variety to your basic recipes.

4. Using Natural Sweetness in a Controlled Manner

Even when avoiding refined sugar, we can still use the natural sweetness of whole foods without causing blood sugar spikes:

- **Berries:** Raspberries and strawberries are low in fructose but packed with flavor.
- **Nut Butters:** Unsweetened cashew butter adds a subtle, creamy sweetness.
- **Cinnamon and Vanilla:** These spices trick the brain into perceiving sweetness, even when there isn't any. Use them liberally!

TEXTURE HACKS – FROM CRUMBLY TO VELVETY

You could turn the preparation into a science, but for everyday use, a few solid rules are enough. If you follow these three steps, your sugar-free ice cream will turn out perfectly every time, without you needing to be a chemist.

1. Mixing: Lumps are the enemy

Since we often work with powders (protein, cocoa, powdered erythritol, or binders), proper mixing is crucial.

- **The middle ground:** You don't need to pull out a large blender every time. A simple milk frother or a whisk is often enough.
- **Important:** Make sure the binding agent (e.g., guar gum) is completely dissolved before freezing the pint. Lumps in the base will result in hard, icy spots in the finished ice cream.

2. Freezing: Patience meets precision

Sugar-free ice cream needs stability. Since it lacks the structural support of sugar, the freezing process is key.

- **The 24-hour rule:** Even if the Ninja Creami could theoretically process sooner—give the pint the full 24 hours. Only a completely frozen block can be processed evenly into "snow" and then into a creamy texture.
- **The surface:** Never fill the pint above the max-fill line. Since liquid expands when freezing, you risk the mixture pushing up the lid or damaging the machine.

3. Temperature control

Sugar-free ice cream is often more brittle than classic ice cream at 0°F (-18°C).

- **The simple trick:** When you remove the pint from the freezer, let it sit on the countertop for 5 minutes while you prepare the Ninja Creami. This brief moment allows the extremely hard crystals on the surface to "relax" slightly. The result is immediately creamier, and the machine runs noticeably quieter and smoother.

Summary of the preparation:

1. Mix well (preferably with a small frother).
2. Freeze for 24 hours (on a flat surface).
3. Allow to thaw briefly (to protect the blades and for a better texture).

WHICH BUTTON FOR WHICH GOAL?

Your machine is a technological marvel, as it distinguishes between two worlds: Scoop (firm ice cream for spooning) and Soft Serve (airy, smooth ice cream). Since sugar-free mixtures tend to freeze harder, choosing the right mode is crucial for your tasting experience.

The "Scoop" World: Classic & Firm

These programs are ideal if you want to serve your ice cream in scoops or eat it directly from the pint.

- **ICE CREAM:** The all-rounder for recipes using cream, milk, or milk substitutes. It provides a firm, stable texture.
- **LITE ICE CREAM:** This will be your most important tool. Because sugar-free ice cream often becomes rock-hard, this program mills at a higher intensity to make even brittle blocks smooth and supple.
- **SORBET:** Perfect for combinations of water, fruit puree, and sweetener. It breaks down hard ice crystals into a fine, fruity mixture.
- **GELATO & FROZEN YOGURT:** These functions create a dense, heavy texture with very little air—ideal for nutty flavors or tangy, fresh yogurt creations.
- **MILKSHAKE:** This mode blends rather than mills. Transform your finished ice cream into a creamy shake with an extra splash of milk.

The "Soft Serve" World: Airy & Creamy

These modes prepare the mixture to achieve the perfect consistency for that classic soft-serve feel.

- **SOFT SERVE (Classic / Lite):** These programs incorporate more air into the mixture. The "Lite" version is specifically optimized for low-calorie and sugar-free bases.
- **FRUITI / FRUIT WHIP:** A dream for fruit lovers. It transforms frozen fruit into a silky-smooth fruit soft serve—completely without cream.
- **CREAMIFIT:** This exclusive program is designed for fitness-oriented diets. It extracts maximum creaminess from protein shakes and low-fat mixtures, often staying below 200 calories.
- **SOFT SERVE GELATO & YOGURT:** These settings combine the delicate flavors of gelato or yogurt with the playful lightness of soft-serve ice cream.

Mastering the Additional Functions

- **MIX-IN:** Once your ice cream is ready, use this button to fold in sugar-free extras like nuts or chocolate chips without pulverizing them.
- **RE-SPIN:** In sugar-free recipes, this is often the "magic button." If the ice cream looks crumbly after the first pass, add a tablespoon of liquid and use the Re-Spin for the perfect final finish.

THE ART OF "RE-SPINNING" AND MIXING IN

Your pint is frozen, the 24 hours are up—now it's time to get serious. In this chapter, you will learn how to get the most out of your machine and give your sugar-free ice cream that special something.

1. Understanding the "Re-Spin" Phenomenon

With sugar-free recipes, the first run is often just the "preparation." Since sugar acts as a softening agent, its absence means that after the initial program (e.g., Lite Ice Cream), the mixture often looks like powdery snow or small crumbles.

- **Don't panic:** This is perfectly normal!
- **The Pro Move:** Smooth the surface with a spoon, add one tablespoon of liquid (e.g., unsweetened almond milk) to the center, and press the RE-SPIN button. This second pass binds the micro-particles into a silky cream. Sometimes, a second Re-Spin works even better!

2. Mix-ins: Sugar-Free Texture

Once the base is creamy, the fun begins. The Ninja Creami's MIX-IN button is designed to fold in extras without completely pulverizing them.

Sugar-free ideas:

- **Crunch:** Chopped walnuts, almonds, or cacao nibs.
- **Sweet Treats:** Sugar-free chocolate chips or crumbled sugar-free cookies.
- **Fruity Twist:** Frozen blueberries or small strawberry pieces.
- **The Process:** Using a spoon, create a hole about 1.2 inches (3 cm) wide down to the bottom of your finished ice cream. Fill it with your extras and start the program.

3. Proper Storage of Leftovers

Sugar-free ice cream tends to become rock-hard in the freezer again because the stabilizing air escapes during refreezing.

- **Tip:** If you don't finish the entire pint, level the surface completely before putting it back in the freezer. Next time, simply run it through the Ninja Creami again (first a main cycle, then a Re-Spin if necessary) to restore its creaminess.

4. Cleaning - Quick and Easy

To ensure the fun isn't spoiled by the cleanup: Rinse the lid and blade under warm water immediately after use. Sugar-free residue (especially from protein-based ice cream) can become very sticky once it dries.

CLEANING & CARE

A clean appliance is essential for both authentic flavor and a long lifespan. Since sugar-free ingredients—such as protein powder, skyr, or plant-based milks—become extremely sticky once dry, prompt cleaning is crucial.

1. The Golden Rule: Rinse Immediately

Do not let the components sit after use. Rinse the pint, lid, and blade assembly under warm running water immediately after removal. This prevents residues from hardening inside the delicate mechanisms or the dispensing channels.

2. Cleaning the Individual Parts

- **Blade Assembly (Paddle):** Release the blade by pressing the release button. Clean it with a dish brush or place it in the top rack of the dishwasher.
- **Lid & Seals:** Rinse the lid thoroughly. Occasionally check the rubber seals and clean the grooves underneath to prevent odors caused by milk buildup.
- **Dispensing Unit (Swirl):** Pay close attention to the dispensing channels of the soft-serve function. A small bottle brush is highly effective for removing all residue from the internal lines.

3. Maintaining the Base Unit

Regularly wipe the housing and the underside of the motor block with a damp cloth. It is especially important to keep the metal spindle—which drives the blade—clean at all times. Always wipe away any splashes before the spindle retracts into the housing after a cycle to prevent the internal mechanism from sticking.

4. Tackling Odors and Discoloration

- **Eliminating Odors:** If necessary, fill the pint with warm water and a small amount of baking soda or lemon juice and let it soak briefly.
- **Preventing Stains:** Berries or turmeric can easily stain plastic. Rubbing the affected areas with a little bit of cooking oil before washing helps lift the color pigments from the surface.

Pro Tip: Only reassemble the device and pints once all parts are completely air-dried. This prevents trapped moisture and ensures the mechanism continues to run smoothly.



SCOOP- ICE CREAM



CLASSIC BOURBON VANILLA



Preparation:
5 MIN



Freezing:
24 HR



Portions:
1



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk (or low-fat cow's milk) & 100g (approx. ½ cup) Greek yogurt (5% fat).
- Sweetener: 40g (3 tbsp) powdered erythritol & 1 tsp liquid stevia (or 5 vanilla flavor drops).
- Aroma: Seeds of ½ Bourbon vanilla bean & a pinch of salt.
- Texture Hack: ¼ tsp guar gum (or xanthan gum) to prevent ice crystals

PREPARATION:

1. Whisk: Combine the milk, yogurt, sweetener, vanilla, and thickener in a bowl or large measuring cup.
2. Blend: Use a milk frother or hand mixer for 30 seconds until the sweetener and binder are fully dissolved.
3. Spoon Test: Taste the base – it should be a touch "too sweet" at room temperature.
4. Freeze: Pour the mixture into the Ninja pint (do not exceed the Max Fill line). Freeze on a level surface for 24 hours.
5. Process: Install the pint into the outer bowl, lock the lid, and select the ICE CREAM program.
6. The Finish: If the texture looks powdery, add 1 tbsp of milk to the center and run the RE-SPIN program.

Tip: Add a tiny bit of lemon zest to the liquid base. It won't taste like lemon, but it makes the vanilla aroma much brighter.

NUTRITIONAL INFORMATION per serving: Calories: approx. 75 | Fat: 5.2 g | Carbs: 3.5 g | Sugars: 1.8 g | Protein: 3.8 g

CREAMY PISTACHIO WONDER



Preparation:
6 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk & 100g (approx. ½ cup) Greek yogurt (5% fat).
- Nut Component: 2 tbsp pure pistachio butter (100% natural, no additives).
- Sweetener: 40g (3 tbsp) powdered erythritol & a pinch of stevia.
- Aroma: A generous pinch of sea salt (to enhance the nutty notes).
- Texture Hack: ¼ tsp guar gum

PREPARATION:

1. Emulsify: Place the milk, yogurt, pistachio butter, sweetener, salt, and guar gum into a tall container.
2. Blend: Mix for about 1 minute using a hand blender or milk frother until the pistachio butter is fully emulsified and the mixture turns a beautiful pale green.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze on a level surface for 24 hours.
4. Process: Use the ICE CREAM program.
5. The Finish: If the texture is too firm, add 1 tbsp of almond milk and run the RE-SPIN program.

Tip: Toast a handful of unsalted pistachio kernels in a pan, roughly chop them, and add them using the MIX-IN function for the ultimate crunch.

NUTRITIONAL VALUES per serving: Calories: approx. 115 | Fat: 8.4 g | Carbs: 4.2 g | Sugars: 1.9 g | Protein: 5.1 g

SALTED CARAMEL DELIGHT



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) unsweetened cashew milk (for extra creaminess) & 50g (approx. ¼ cup) low-fat quark or Greek yogurt.
- Sweetener: 40g (3 tbsp) powdered erythritol & 5 drops of caramel flavor drops.
- Flavoring: 1 tsp sugar-free caramel syrup & ½ tsp coarse sea salt (adjust to taste).
- Texture Hack: A pinch of xanthan gum or guar gum

PREPARATION:

1. Dissolve: Dissolve the erythritol and salt in the cashew milk. Tip: Warm the milk slightly if needed to ensure everything combines perfectly.
2. Mix: Add the quark, syrup, flavor drops, and thickener. Blend with a milk frother or hand mixer for about 1 minute until smooth.
3. Freeze: Pour the mixture into the Ninja pint (do not exceed the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: For that authentic "gelato look," add 1 tbsp of milk and run the RE-SPIN program.

Tip: Add a small shot of strong espresso (approx. 20ml / 1.5 tbsp) to the base. You won't taste the coffee, but it adds a refined, bittersweet depth that makes the caramel flavor truly "pop."

NUTRITIONAL INFORMATION per serving: Calories: approx. 68 | Fat: 4.1 g | Carbs: 2.8 g | Sugars: 0.5 g | Protein: 4.2 g

KOKOS-ANANAS (PIÑA COLADA STYLE)



Preparation:
7 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) light canned coconut milk & 150ml (⅔ cup) water (or unsweetened coconut milk from a carton).
- Fruit: 50g (approx. ⅔ cup) fresh pineapple, very finely pureed.
- Sweetener: 30g (2 tbsp) powdered erythritol & the natural sweetness of the fruit.
- Aroma: A squeeze of lime juice & 3 drops of coconut flavor drops (optional).
- Texture Hack: ½ tsp sugar-free vanilla pudding powder (helps bind the coconut oil and water)

PREPARATION:

1. Puree: Blend the pineapple pieces until completely smooth and no fibers remain.
2. Mix: Add the coconut milk, water, erythritol, lime juice, and pudding powder. Whisk vigorously with an immersion blender.
3. Freeze: Pour the mixture into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: If the texture is too firm, add 1 tbsp of coconut water and run the RE-SPIN program.

Tip: Toast unsweetened coconut flakes in a dry pan until golden brown. Add them to the ice cream using the MIX-IN function for a crunchy, tropical contrast.

NUTRITIONAL INFORMATION per serving: Calories: approx. 98 | Fat: 7.8 g | Carbs: 5.4 g | Sugars: 4.2 g | Protein: 1.2 g

PEANUT BUTTER CHOCOLATE CHUNK



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk & 1 tbsp creamy natural peanut butter (no added sugar).
- Sweetener: 45g (approx. 3 ½ tsp) powdered erythritol & 1 tsp liquid stevia.
- Flavoring: 1 tbsp unsweetened cocoa powder & a pinch of salt.
- Texture Hack: 1 tbsp low-fat quark (or Greek yogurt) to help emulsify the healthy fats.
- The Chunks: 15g (1 tbsp) sugar-free chocolate chips

PREPARATION:

1. Emulsify: Mix the peanut butter, cocoa, and quark with a small splash of warm almond milk until a smooth, homogeneous paste forms.
2. Top up: Add the remaining cold milk, erythritol, stevia, and salt. Blend thoroughly with a hand blender.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. Mix-In: Create a small hole in the center of the processed ice cream, add the chocolate chips, and press the MIX-IN button.

Tip: Freeze a few small dollops of peanut butter (about ½ tsp each) separately on a plate. Add these frozen "peanut butter chunks" along with the chocolate chips for an incredible texture and flavor explosion.

NUTRITIONAL INFORMATION per serving: Calories: approx. 128 | Fat: 9.8 g | Carbs: 4.8 g | Sugars: 0.8 g | Protein: 5.2 g

MATCHA GREEN TEA



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) unsweetened soy milk (for extra creaminess) or almond milk.
- Flavoring: 1 tbsp high-quality matcha powder & ½ tsp vanilla extract.
- Sweetener: 40g (3 tbsp) powdered erythritol & 3 drops of sugar-free honey flavor drops (for a mild, floral sweetness).
- Texture Hack: 1 tbsp low-fat quark or cream cheese (this perfectly balances the slight bitterness of the tea)

PREPARATION:

1. Dissolve Matcha: Sift the matcha powder into a small cup. Stir in 2 tablespoons of warm milk until a smooth paste forms with no lumps.
2. Mix: Combine the matcha paste with the remaining milk. Add the erythritol, vanilla, flavor drops, and quark (or cream cheese).
3. Blend: Use a milk frother or hand mixer for about 1 minute until the mixture is a uniform, vibrant green and slightly frothy.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
5. Process: Install the pint and select the ICE CREAM program.
6. The Finish: If the texture is too firm, add 1 tbsp of milk and run the RE-SPIN program.

Tip: Serve your matcha ice cream with a sprinkle of toasted black sesame seeds. The nutty aroma perfectly complements the earthy freshness of the tea and adds an elegant touch.

NUTRITIONAL INFORMATION per serving: Calories: approx. 62 | Fat: 2.8 g | Carbs: 3.1 g | Sugars: 0.6 g | Protein: 5.4 g

ROASTED ALMONDS (FAIRGROUND STYLE)



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk & 1 tbsp white almond butter (natural, for added depth).
- Sweetener: 40g (3 tbsp) powdered erythritol & 5 drops of "Toasted Almond" (or caramel) flavor drops.
- Aroma: 1 tsp Ceylon cinnamon & a pinch of salt.
- Texture Hack: ¼ tsp guar gum (prevents ice crystals in the low-fat almond milk)

PREPARATION:

1. Combine: Place the almond milk, almond butter, cinnamon, erythritol, and salt into a tall container.
2. Emulsify: Use a hand blender to mix vigorously until the almond butter is completely incorporated and the mixture is smooth.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze on a level surface for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: If the texture is still too firm after the first pass, add 1 tbsp of almond milk and run the RE-SPIN program.

Tip: Roughly chop 20g (approx. 2 tbsp) of almonds. Roast them in a pan with 1 tbsp erythritol and a pinch of cinnamon until the erythritol melts and coats the nuts. Let them cool completely, then add them to your ice cream using the MIX-IN function.

NUTRITIONAL VALUES per serving: Calories: approx. 105 | Fat: 8.9 g | Carbs: 3.8 g | Sugars: 1.2 g | Protein: 3.2 g

MINT WITH CHOCOLATE CHIPS



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) unsweetened almond milk (light and neutral).
- Aroma: 1–2 drops of pure, natural peppermint oil (Caution: very potent!) or 1 tsp mint extract.
- Sweetener: 35g (approx. 2 ½ tbsp) powdered erythritol & 1 tsp liquid stevia.
- Texture Hack: A pinch of guar gum (for a smooth, velvety finish).
- The Crunch: 15g (1 tbsp) sugar-free dark chocolate chips

PREPARATION:

1. Mix: Combine the almond milk, mint oil, erythritol, stevia, and guar gum.
2. Blend: Use a milk frother or whisk vigorously for about 1 minute until well combined.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Crunch: Create a small hole in the center of the processed ice cream, add the chocolate chips, and press the MIX-IN button.
6. Optional Finish: If the texture is too firm before adding the chips, run a RE-SPIN with 1 tbsp of milk first.

Tip: If you want that classic light green color without artificial dyes, add a teaspoon of spinach juice or a tiny pinch of matcha powder to the liquid base. You won't taste it, but it looks stunning!

NUTRITIONAL INFORMATION per serving: Calories: approx. 72 | Fat: 5.8 g | Carbs: 2.4 g | Sugars: 0.2 g | Protein: 1.4 g

BLUEBERRY CHEESECAKE



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) unsweetened almond milk & 100g (approx. 3.5 oz) low-fat cream cheese (for that authentic cheesecake tang).
- Fruit: 50g (approx. 2/3 cup) blueberries (fresh or frozen), finely pureed.
- Sweetener: 40g (3 tbsp) powdered erythritol & 5 drops of cheesecake flavor drops.
- Aroma: A squeeze of lemon juice & a pinch of real vanilla.
- Texture Hack: ½ tsp sugar-free vanilla pudding powder (for extra creaminess)

PREPARATION:

1. Cheesecake Base: Blend the milk, cream cheese, erythritol, flavor drops, lemon juice, and pudding powder until perfectly smooth with no lumps.
2. The Marble Effect: Pour the white base into the Ninja pint. Drizzle the pureed blueberries on top and use a spoon handle to gently swirl them in a spiral motion (do not over-mix!).
3. Freeze: Freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: If the texture is too firm, add 1 tbsp of milk and run the RE-SPIN program.

Tip: Crumble one sugar-free butter cookie (biscuit) and add the crumbs using the MIX-IN function after processing. This perfectly recreates the crunchy crust of a real cheesecake.

NUTRITIONAL INFORMATION per serving: Calories: approx. 112 | Fat: 5.4 g | Carbs: 6.5 g | Sugars: 3.8 g | Protein: 7.1 g

WALNUT MAPLE



Preparation:
6 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) unsweetened walnut milk (or almond milk) & 1 tbsp low-fat quark (or Greek yogurt).
- Sweetener: 35g (approx. 2 ½ tbsp) powdered erythritol & 5 drops of sugar-free maple flavor drops.
- Flavoring: 1 tsp sugar-free maple syrup substitute & a pinch of salt.
- Texture Hack: ¼ tsp locust bean gum (or guar gum).
- The Crunch: 20g (approx. 2 tbsp) coarsely chopped walnut kernels

PREPARATION:

1. Combine: Place the milk, quark, erythritol, syrup, flavor drops, salt, and binding agent in a container.
2. Emulsify: Mix with an electric milk frother or hand blender for about 1 minute until the base is completely smooth and slightly frothy.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Crunch: Create a small hole in the center of the processed ice cream, add the chopped walnuts, and press the MIX-IN button.

Tip: Briefly toast the walnut halves in a dry pan until fragrant before chopping them. This intensifies the nutty aroma significantly and ensures the nuts stay crunchy within the creamy ice cream.

NUTRITIONAL INFORMATION per serving: Calories: approx. 118 | Fat: 10.2 g | Carbs: 2.9 g | Sugars: 0.7 g | Protein: 3.8 g

STRAWBERRY CREAM



Preparation:
7 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) unsweetened almond milk & 50ml (approx. 3 tbsp) whipping cream (for that authentic creamy mouthfeel).
- Fruit: 150g (approx. 1 cup) fresh, very ripe strawberries.
- Sweetener: 40g (3 tbsp) powdered erythritol & 1 tsp liquid stevia.
- Aroma: A squeeze of lemon juice (to enhance the color and fruitiness).
- Texture Hack: ¼ tsp guar gum (to prevent ice crystals from the fruit's water content)

PREPARATION:

1. Puree: Blend the strawberries with the lemon juice until completely smooth.
2. Mix: Add the almond milk, whipping cream, sweetener, and guar gum. Whisk vigorously with a hand blender or milk frother for 1 minute until well combined.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: If the ice cream is too firm, add 1 tbsp of milk and run the RE-SPIN program for a perfect, scoopable consistency.

Tip: For an extra "gourmet" look, finely dice two extra strawberries and add them using the MIX-IN function after processing. This creates beautiful red fruit flecks throughout the pale pink cream.

NUTRITIONAL INFORMATION per serving: Calories: approx. 82 | Fat: 6.5 g | Carbs: 4.2 g | Sugars: 3.8 g | Protein: 1.2 g

STRACCIATELLA (ITALIAN STYLE)



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) whole milk or unsweetened soy milk (for that authentic white color) & 1 tbsp low-fat quark (or Greek yogurt).
- Sweetener: 40g (3 tbsp) powdered erythritol & 5 drops of vanilla flavor drops.
- Aroma: A small pinch of sea salt (to enhance the rich milky notes).
- The Crunch: 20g (approx. 1.5 tbsp) sugar-free dark chocolate (chopped or melted)

PREPARATION:

1. Whisk: Combine the milk, quark, erythritol, flavor drops, and salt.
2. Blend: Use an electric milk frother or hand mixer for about 1 minute until the mixture is smooth and slightly frothy.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: Create a hole in the center of the processed ice cream, add the chocolate chips, and press the MIX-IN button.

Tip: For the perfect texture, melt the chocolate and slowly drizzle it into the pint after the first processing run. Then start the MIX-IN program. The melted chocolate will instantly solidify in the cold ice, creating wafer-thin, authentic Italian-style shavings.

NUTRITIONAL INFORMATION per serving: Calories: approx. 110 | Fat: 7.4 g | Carbs: 4.1 g | Sugars: 1.2 g | Protein: 6.5 g

HAZELNUT DREAM (NOCCIOLA)



Preparation:
6 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened hazelnut milk & 50g (approx. ¼ cup) Greek yogurt (5% fat).
- Nut Component: 1 tbsp dark hazelnut butter (100% nuts, no additives).
- Sweetener: 35g (approx. 2 ½ tbsp) powdered erythritol & 3 drops of caramel flavor drops.
- Aroma: A pinch of salt & a tiny pinch of unsweetened cocoa powder (for a richer color).
- Texture Hack: ¼ tsp locust bean gum (or xanthan gum)

PREPARATION:

1. Mix: Add the remaining milk, yogurt, erythritol, flavor drops, salt, and binding agent.
2. Blend: Use a hand blender or milk frother to whisk vigorously for about 1 minute until the mixture is homogeneous and a beautiful light brown.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Finish: If the texture is too firm, add 1 tbsp of hazelnut milk and run the RE-SPIN program.

Tip: Toast whole hazelnut kernels in a dry pan until the skins begin to crack. Rub them in a kitchen towel to remove the skins, roughly chop them, and add them using the MIX-IN function for an intense roasted aroma.

NUTRITIONAL INFORMATION per serving: Calories: approx. 125 | Fat: 10.8 g | Carbs: 3.2 g | Sugars: 0.9 g | Protein: 3.5 g

SALTED PEANUT CARAMEL



Preparation:
6 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350ml (1 ½ cups) unsweetened cashew milk (for extra creaminess) & 1 tbsp natural peanut butter (100% nuts).
- Sweetener: 25g (approx. 2 tbsp) birch sugar (Xylitol) & 15g (1 tbsp) powdered erythritol.
- Aroma: ½ tsp sea salt & 5 drops of caramel flavor drops.
- Texture Hack: 1 tbsp low-fat quark (or Greek yogurt) to help bind the healthy fats with the milk.
- The Crunch: 1 tbsp chopped roasted peanuts

PREPARATION:

1. Emulsify: Place the peanut butter, quark, flavor drops, and salt into a bowl. Add a small splash of the cashew milk and stir until perfectly smooth.
2. Mix: Add the remaining milk, birch sugar, and erythritol.
3. Blend: Use a hand blender or milk frother to whisk vigorously for about 1 minute until the peanut butter is completely incorporated.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
5. Process: Install the pint and select the ICE CREAM program.
6. Crunch Factor: Create a small hole in the center, add the chopped peanuts, and press the MIX-IN button.

Tip: Using birch sugar (Xylitol) alongside erythritol ensures a velvety texture and prevents the ice cream from becoming too firm or "greasy" despite the higher fat content of the peanuts. Important: Xylitol is highly toxic to dogs – keep this treat away from your furry friends!

NUTRITIONAL VALUES per serving: Calories: approx. 135 | Fat: 9.2 g | Carbs: 8.2 g | Sugars: 0.9 g | Protein: 5.4 g

DARK CHERRY WITH COCOA NIBS



Preparation:
7 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened chocolate oat milk (or almond milk with 1 tsp cocoa powder).
- Fruit: 80g (approx. ½ cup) sour cherries (fresh or frozen), finely pureed.
- Sweetener: 30g (2 tbsp) birch sugar (Xylitol) & 2 drops of liquid stevia.
- Aroma: A pinch of clove powder (to enhance the cherry flavor) & a pinch of guar gum (texture hack).
- The Crunch: 15g (1 tbsp) raw cocoa nibs

PREPARATION:

1. Puree: Blend the cherries, milk, birch sugar, stevia, and clove powder until completely smooth.
2. Bind: Whisk in the guar gum and blend briefly until the mixture thickens slightly.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. The Crunch: Create a hole in the center, add the cocoa nibs, and press the MIX-IN button.

Tip: Sour cherries provide a much deeper, more intense flavor than sweet cherries. If you prefer an even richer chocolate profile, simply whisk an extra teaspoon of dark cocoa powder into the base before freezing.

NUTRITIONAL INFORMATION per serving: Calories: approx. 88 | Fat: 3.8 g | Carbs: 12.1 g | Sugars: 3.2 g | Protein: 1.9 g



SOFT- ICE CREAM



ICED COFFEE CHEESECAKE DREAM



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) cold espresso & 100ml (approx. 1/3 cup) unsweetened almond milk.
- Cheesecake Element: 100g (approx. 3.5 oz) low-fat quark (or Greek yogurt).
- Sweetener: 30g (2 tbsp) powdered erythritol & 1 tsp vanilla extract.
- Texture Hack: A pinch of locust bean gum (essential for that perfect soft-serve stretch)

PREPARATION:

1. Mix: Combine the cold espresso, quark, almond milk, erythritol, vanilla, and locust bean gum.
2. Blend: Use a hand blender or milk frother until the mixture is completely smooth and no lumps remain.
3. Freeze: Pour into the pint (mind the Max Fill line) and freeze level at -18 °C (0 °F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: For the soft-serve lever to work perfectly, the texture must be very smooth. If it looks too firm or dry, add 1-2 tbsp of almond milk and run the RE-SPIN program.
6. The Swirl: Once the consistency is creamy, use the lever to dispense the ice cream into a glass or bowl in a perfect spiral.

Tip: If the lever feels stiff, let the pint sit for 2 minutes before dispensing. This slightly softens the outer edges and allows the soft serve to flow much more smoothly.

Nutritional information per serving: Calories: approx. 110 | Fat: 3 g | Carbs: 7 g | Sugars: 3 g | Protein: 13 g

BERRY PROTEIN DREAM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 300g (approx. 2 cups) mixed frozen berries (natural sweetness & fiber).
- Base: 200ml (¾ cup) unsweetened almond milk & 1 scoop (30g) vanilla whey protein.
- Texture Hack: 1 tbsp chia seeds & a pinch of locust bean gum (crucial for that perfect soft-serve stretch)

PREPARATION:

1. Blend: Combine the berries, almond milk, protein powder, chia seeds, and locust bean gum in a high-speed blender. Blend until the mixture is completely smooth.
2. Strain (Crucial): For a professional result, press the mixture through a fine-mesh sieve to remove berry seeds. This ensures the nozzle of your machine won't clog.
3. Freeze: Pour into the pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: The texture must be very creamy for the lever to work. If it looks dry, add 1–2 tbsp of almond milk and run the RE-SPIN program.
6. The Swirl: Press the lever on your Ninja Swirl downwards to dispense the berry soft serve in a smooth, perfect spiral.

Tip: Straining the mixture is the secret to an "industrial grade" smoothness. Without seeds, the ice cream flows much more consistently through the dispensing unit, giving you that perfect professional look.

Nutritional information per serving: Calories: approx. 210 | Fat: 4 g | Carbs: 12 g | Sugars: 7 g | Protein: 24 g

CHOCOLATE HAZELNUT TREAT



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened hazelnut milk & 1 tbsp light cream cheese (for that essential creamy soft-serve texture).
- Sweetener: 2 tbsp powdered erythritol & a pinch of sea salt.
- Flavoring: 1 tbsp unsweetened cocoa powder.
- Texture Hack: A pinch of locust bean gum (for perfect binding and a professional "stretch")

PREPARATION:

1. Dissolve: Whisk the cocoa and erythritol into a small amount of warm hazelnut milk until completely smooth and lump-free.
2. Mix: Combine with the remaining milk, cream cheese, salt, and thickener.
3. Blend: Use a hand blender or milk frother until the base is perfectly homogeneous.
4. Freeze: Pour into the pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the ICE CREAM program.
6. Consistency Check: For the lever to dispense the ice cream perfectly, the texture must be soft. If it looks dry, add 1 tbsp of hazelnut milk and run the RE-SPIN program.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the chocolate hazelnut treat in a perfect spiral.

Tip: For an even richer experience, add 1 tsp of 100% natural hazelnut butter to the base. The healthy fats from the hazelnuts act as a natural lubricant, making the soft serve flow even more effortlessly through the dispenser.

NUTRITIONAL INFORMATION per serving: Calories: approx. 145 | Fat: 11 g | Carbs: 5 g | Sugars: 2 g | Protein: 4 g

MANGO-COCONUT EXOTICA



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 200g (approx. 1 cup) very ripe mango, finely pureed.
- Base: 150ml (2/3 cup) light canned coconut milk & 100ml (approx. 1/3 cup) unsweetened coconut drink (carton).
- Sweetener: 1 tbsp Birch Sugar (Xylitol) – keeps the texture smoother than erythritol.
- Texture Hack: A pinch of locust bean gum (for perfect stability and flow)

PREPARATION:

1. Puree: Peel and pit the mango, then puree it extremely finely.
2. Strain (Pro Step): To ensure no mango fibers block the dispenser nozzle, press the puree through a fine-mesh sieve.
3. Mix: Combine the mango puree with the coconut milk, coconut drink, xylitol, and thickener. Blend until completely homogeneous.
4. Freeze: Pour into the pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Sorbets often need a bit more moisture for the lever. Add 1-2 tbsp of coconut milk and run the RE-SPIN program until the mixture looks glossy and smooth.
7. The Swirl: Press the lever down and dispense the vibrant yellow exotic treat in a smooth spiral.

Tip: Serve this in a hollowed-out coconut shell for the ultimate vacation feeling. The xylitol is the secret weapon here – it prevents the sorbet from becoming too icy, ensuring a professional "soft-serve" flow.

Nutritional information per serving: Calories: approx. 185 | Fat: 9 g | Carbs: 21 g | Sugars: 14 g | Protein: 2 g

VANILLA COOKIE DOUGH



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk & 1 scoop (30g) vanilla casein protein powder.
- Sweetener: 30g (2 tbsp) powdered erythritol & 1 tsp vanilla extract.
- Aroma: A pinch of salt.
- Texture Hack: A pinch of locust bean gum (crucial for that professional soft-serve stability)

PREPARATION:

1. Blend: Combine the almond milk, casein, erythritol, vanilla, salt, and locust bean gum in a blender or shaker.
2. Dissolve: Mix vigorously until the protein powder and thickener are completely dissolved and no lumps remain.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: Casein binds very strongly. If the mixture looks too dense, add 1–2 tbsp of almond milk and run the RE-SPIN program until the base is smooth and glossy.
6. The Swirl: Press the lever down to dispense the thick vanilla soft serve in a perfect spiral.

Tip: To avoid clogging the dispensing nozzle of your Ninja Swirl, do not add chunks to the base. Instead, sprinkle sugar-free chocolate chips and small cookie crumbs over the finished soft-serve after it has been dispensed into your bowl.

Nutritional information per serving: Calories: approx. 190 | Fat: 5 g | Carbs: 10 g | Sugars: 1 g | Protein: 26 g

CHERRY-BANANA DREAM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 1 ripe banana (approx. 100g / 3.5 oz) & 150g (approx. 1 cup) frozen pitted sour cherries.
- Base: 100ml (approx. $\frac{1}{3}$ cup) water or unsweetened almond milk.
- Sweetener: 3 drops of liquid stevia (optional, adjust to taste).
- Texture Hack: A pinch of locust bean gum (for perfect soft-serve stability)

PREPARATION:

1. Blend: Combine the banana, cherries, liquid base, stevia, and thickener in a high-speed blender. Blend until absolutely smooth with no fruit chunks remaining.
2. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
3. Process: Install the pint and select the SORBET program.
4. Consistency Check: For the lever to work smoothly, the mixture must be soft. If it looks "snowy" or firm, add 1 tbsp of water and run the RE-SPIN program until glossy.
5. The Swirl: Press the lever down and dispense the vibrant fruit swirl in a smooth spiral.

Tip: Bananas are the secret weapon for dairy-free soft serve. They create a texture remarkably similar to heavy cream. The riper the banana (look for plenty of brown spots!), the smoother and sweeter your ice cream will be.

Nutritional information per serving: Calories: approx. 160 | Fat: 2 g | Carbs: 32 g | Sugars: 22 g | Protein: 2 g

ROASTED ALMOND DELIGHT



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk & 1 tbsp natural almond butter (100% nuts).
- Sweetener: 30g (2 tbsp) "Erythritol Bronze" (for that natural caramel-like flavor).
- Aroma: A pinch of cinnamon & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (for a professional, stable swirl)

PREPARATION:

1. Blend: Combine the almond milk, almond butter, Erythritol Bronze, cinnamon, and thickener in a blender.
2. Emulsify: Blend until the mixture is absolutely smooth and the almond butter is completely incorporated.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. Consistency Check: Nut butters can make the mixture quite firm. If needed, add 1 tbsp of almond milk and run the RE-SPIN program until the texture has a silky, glossy sheen.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the caramel-colored almond treat in a perfect spiral.

Tip: For an authentic fairground experience, toast some chopped almonds in a pan with a sprinkle of erythritol until caramelized. Add them as a topping after dispensing to give your soft serve the perfect crunch!

Nutritional information per serving: Calories: approx. 220 | Fat: 18 g | Carbs: 4 g | Sugars: 1 g | Protein: 7 g

LEMON BUTTERMILK FRESHNESS



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) buttermilk (the natural secret for a creamy, low-fat base).
- Aroma: Juice and zest of 1 organic lemon (natural flavoring).
- Sweetener: 45g (3 tbsp) Birch Sugar (Xylitol) – essential for keeping this soft-serve smooth.
- Texture Hack: ¼ tsp locust bean gum (crucial for a stable, professional spiral)

PREPARATION:

- Mix: Combine the buttermilk, lemon juice, fine zest, xylitol, and thickener in a bowl or blender.
- Dissolve: Blend or whisk until the sweetener crystals and thickener are completely dissolved.
- Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
- Process: Install the pint and select the LITE ICE CREAM program.
- Consistency Check: Buttermilk bases tend to freeze quite firm. Add 1–2 tbsp of extra buttermilk and run the RE-SPIN program until the mixture has a glossy, soft-butter consistency.
- The Swirl: Press the lever down and dispense the snow-white lemon treat in a perfect, elegant spiral.

Tip: When zesting the lemon, ensure you only grate the bright yellow outer layer. The white pith underneath is bitter and would overpower the delicate, fresh flavor of your soft serve.

Nutritional information per serving: Calories: approx. 130 | Fat: 2 g | Carbs: 15 g | Sugars: 11 g | Protein: 8 g

PISTACHIO DREAM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened cashew milk (the perfect creamy, neutral base) & 1 tbsp pure pistachio butter (100% nuts, no additives).
- Sweetener: 30g (2 tbsp) powdered erythritol & a pinch of sea salt (to make the nut flavor "pop").
- Texture Hack: A pinch of locust bean gum (for that professional soft-serve stretch and stability)

PREPARATION:

1. Blend: Combine the cashew milk, pistachio butter, erythritol, salt, and thickener in a blender.
2. Emulsify: Blend until the mixture is absolutely smooth and the pistachio butter is fully incorporated into the milk.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the ICE CREAM program.
5. Consistency Check: Nut butters can create a very firm texture. If needed, add 1 tbsp of cashew milk and run the RE-SPIN program until the mixture looks silky and glossy.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the delicate green pistachio treat in a perfect spiral.

Tip: For a more vibrant, natural color, add a tiny pinch of matcha powder to the base. It will tint the ice cream a beautiful light green without affecting the delicate pistachio flavor.

Nutritional information per serving: Calories: approx. 210 | Fat: 16 g | Carbs: 6 g | Sugars: 2 g | Protein: 6 g

PUMPKIN SPICE TREAT



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 150g (approx. $\frac{2}{3}$ cup) unsweetened pumpkin puree (e.g., steamed Hokkaido) & 200ml ($\frac{3}{4}$ cup) unsweetened almond milk.
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Aroma: 1 tsp Pumpkin Spice (cinnamon, nutmeg, cloves, ginger) & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (for a professional, stable soft-serve texture)

PREPARATION:

1. Blend: Combine the pumpkin puree, almond milk, spices, erythritol, and thickener in a blender.
2. Smooth: Blend until the mixture is absolutely smooth and completely lump-free.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: Pumpkin puree creates a very dense texture. For perfect lever dispensing, add 1–2 tbsp of almond milk and run the RE-SPIN program until the mixture looks smooth and glossy.
6. The Swirl: Press the lever down and dispense the autumnal orange treat in a perfect spiral.

Tip: Prepare your pumpkin puree in advance and freeze it in ice cube trays. This way, you always have the perfect portion ready to whip up a seasonal swirl whenever the craving hits.

Nutritional information per serving: Calories: approx. 120 | Fat: 4 g | Carbs: 6 g | Sugars: 5 g | Protein: 3 g

STRAWBERRY CREAM SWIRL



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 150g (approx. 1 cup) fresh, very ripe strawberries.
- Base: 200ml (¾ cup) unsweetened almond milk & 50ml (approx. 3 tbsp) whipping cream (for that authentic, rich mouthfeel).
- Sweetener: 40g (3 tbsp) powdered erythritol & 1 tsp liquid stevia.
- Aroma: A squeeze of lemon juice (to brighten the flavor and preserve the color).
- Texture Hack: ¼ tsp guar gum or locust bean gum (essential for preventing ice crystals and ensuring a smooth flow)

PREPARATION:

1. Puree: Blend the strawberries with the lemon juice until completely smooth.
2. Strain (Pro Step): For the smoothest possible swirl and to prevent the nozzle from clogging, press the puree through a fine-mesh sieve to remove the seeds.
3. Mix: Combine the strawberry puree with the almond milk, cream, sweetener, and thickener. Whisk or blend for 1 minute until well combined.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the ICE CREAM program.
6. Consistency Check: For the lever to dispense perfectly, the mixture must be soft and glossy. If it looks firm, add 1 tbsp of milk and run the RE-SPIN program.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the pale pink cream in a perfect, elegant spiral.

Tip: For an extra "gourmet" look, finely dice two extra strawberries and add them as a topping after dispensing. This keeps the mechanism safe while providing a beautiful visual contrast to the smooth swirl.

Nutritional information per serving: Calories: approx. 140 | Fat: 6 g | Carbs: 15 g | Sugars: 9 g | Protein: 4 g

BLUEBERRY YOGURT SWIRL



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 150g (approx. 1 cup) blueberries (fresh or frozen), finely pureed and sieved.
- Base: 150ml (2/3 cup) unsweetened almond milk & 100g (approx. 3.5 oz) Greek yogurt (0.2% fat).
- Sweetener: 30g (2 tbsp) Birch Sugar (Xylitol) – perfect for a smooth flow.
- Texture Hack: A pinch of locust bean gum (for that professional soft-serve stability)

PREPARATION:

1. Puree & Strain: Puree the blueberries and press them through a fine-mesh sieve to remove all skins and seeds. This is crucial for a smooth dispense.
2. Mix: Combine the smooth berry puree with almond milk, yogurt, xylitol, and thickener.
3. Blend: Use a hand blender or milk frother until the base is perfectly homogeneous.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the LITE ICE CREAM program.
6. Consistency Check: If the mixture is still too firm for the lever after the first run, add 1 tbsp of almond milk and run the RE-SPIN program until glossy.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the intensely purple treat in a perfect spiral.

Tip: Blueberries are naturally high in pectin. This acts as a natural stabilizer, helping your soft-serve spiral hold its beautiful shape in the bowl for much longer than other flavors.

Nutritional information per serving: Calories: approx. 145 | Fat: 3 g | Carbs: 18 g | Sugars: 10 g | Protein: 8 g

COCONUT-PINEAPPLE DREAM



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 200g (approx. 1 cup) fresh pineapple, very ripe (for maximum natural sweetness).
- Base: 150ml ($\frac{2}{3}$ cup) light canned coconut milk & 100ml (approx. $\frac{1}{3}$ cup) unsweetened coconut drink (carton).
- Sweetener: 30g (2 tbsp) Birch Sugar (Xylitol) – essential for a smooth, professional flow

PREPARATION:

1. Puree: Peel the pineapple, remove the core, and puree the flesh until extremely fine.
2. Strain (Pro Step): To prevent the nozzle from clogging, press the pineapple puree through a fine-mesh sieve. This ensures no fibers interfere with your perfect swirl.
3. Mix: Combine the smooth pineapple puree with coconut milk, coconut drink, xylitol, and thickener. Blend until completely homogeneous.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Sorbets require a very fine texture for the dispenser lever. Add 1–2 tbsp of coconut milk and run the RE-SPIN program until the mixture looks glossy and smooth.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the bright yellow treat in a perfect spiral.

Tip: For an extra touch of the tropics, serve your swirl in a hollowed-out pineapple or sprinkle with toasted coconut flakes as a topping after dispensing.

Nutritional information per serving: Calories: approx. 155 | Fat: 7 g | Carbs: 21 g | Sugars: 16 g | Protein: 1 g

PEANUT BUTTER BANANA SWIRL



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 1 large ripe banana (approx. 110g / 4 oz).
- Base: 200ml (¾ cup) unsweetened almond milk & 1 tbsp natural peanut butter (100% nuts).
- Sweetener: 15g (1 tbsp) powdered erythritol & a pinch of sea salt (to make the peanut flavor "pop").
- Texture Hack: A pinch of locust bean gum (for a professional, stable soft-serve spiral)

PREPARATION:

1. Blend: Peel the banana and combine it with the almond milk, peanut butter, erythritol, salt, and thickener in a blender.
2. Emulsify: Blend until the mixture is absolutely smooth and the peanut butter is fully incorporated with no fruit chunks remaining.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: Thanks to the healthy fats in the peanut butter, this flavor usually glides easily. If it looks a bit firm, add 1 tbsp of almond milk and run the RE-SPIN program until silky.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the creamy, beige nut treat in a perfect spiral.

Tip: Bananas and peanut butter are the "dream team" for soft-serve machines. Together, they bind moisture so effectively that the ice cream develops an incredibly smooth surface and resists melting much longer than other flavors.

Nutritional information per serving: Calories: approx. 235 | Fat: 12 g | Carbs: 25 g | Sugars: 14 g | Protein: 7 g

STRACCIATELLA-SKYR-TRAUM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250g (approx. 9 oz) Vanilla Skyr (no added sugar) & 100ml (approx. $\frac{1}{3}$ cup) unsweetened almond milk.
- Sweetener: 30g (2 tbsp) powdered erythritol & 1 tsp vanilla extract (for an extra flavor boost).
- Texture Hack: $\frac{1}{4}$ tsp locust bean gum (essential for that professional soft-serve stability).
- The Finish: 1 tbsp sugar-free chocolate shavings (as a topping after dispensing)

PREPARATION:

1. Mix: Combine the Skyr, almond milk, erythritol, vanilla, and thickener in a bowl.
2. Smooth: Whisk or blend until the mixture is completely homogeneous and no lumps remain.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: Skyr is naturally very dense. Add 1–2 tbsp of almond milk and run the RE-SPIN program until the texture looks smooth and glossy.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the snow-white vanilla treat in a perfect spiral.
7. Finish: Sprinkle the chocolate shavings over the swirl only after it has been dispensed.

Tip: Never add chocolate chips or shavings directly into the pint before using the lever. The small pieces could clog the dispensing nozzle. By adding them as a topping, they stay crunchy and give your dessert a professional look.

Nutritional information per serving: Calories: approx. 175 | Fat: 3 g | Carbs: 10 g | Sugars: 8 g | Protein: 24 g

CREAMY RASPBERRY SPECTACLE



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 250g (approx. 2 cups) frozen raspberries, pureed and sieved.
- Base: 100ml (approx. $\frac{1}{3}$ cup) water & 1 tbsp lime juice (for natural freshness).
- Sweetener: 45g (3 tbsp) Birch Sugar (Xylitol) – the secret to preventing hard crystals in sorbets.
- Texture Hack: A pinch of locust bean gum (for a stable, professional soft-serve spiral)

PREPARATION:

- Puree & Strain: Thaw the raspberries and puree them finely. Crucial: Pass the puree through a fine-mesh sieve to remove all seeds.
- Mix: Thoroughly combine the smooth raspberry puree with water, xylitol, lime juice, and the thickener.
- Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
- Process: Install the pint and select the SORBET program.
- Consistency Check: Sorbets can be crumbly after the first run. Add 1 tbsp of water and run the RE-SPIN program until the mixture reaches a smooth, glossy soft-serve consistency.
- The Swirl: Press the lever of your Ninja Swirl down and dispense the bright pink treat in a perfect spiral.

Tip: Raspberry seeds are the natural enemy of the dispensing nozzle. Thorough straining not only prevents the lever from clogging but also ensures that premium, velvet-smooth texture that makes this sorbet truly spectacular.

Nutritional information per serving: Calories: approx. 110 | Fat: 1 g | Carbs: 22 g | Sugars: 12 g | Protein: 2 g

CINNAMON APPLE STRUDEL DELIGHT



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) unsweetened apple juice (ideally fresh-pressed) & 150g (approx. 5.5 oz) low-fat quark (or Greek yogurt).
- Sweetener: 30g (2 tbsp) powdered erythritol.
- Aroma: 1 tsp Ceylon cinnamon & a pinch of sea salt.
- Texture Hack: ¼ tsp locust bean gum (essential for a professional, stable spiral)

PREPARATION:

1. Mix: Combine the apple juice, quark, cinnamon, erythritol, and thickener in a blender.
2. Smooth: Blend until the mixture is completely homogeneous and no lumps of quark remain.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the LITE ICE CREAM program.
5. Consistency Check: Quark bases freeze very compactly. For perfect lever dispensing, add 1–2 tbsp of almond milk (or water) and run the RE-SPIN program until the mixture looks glossy and smooth.
6. The Swirl: Press the lever of your Ninja Swirl down to dispense the cinnamon-colored treat in an elegant spiral.

Tip: To complete the apple strudel experience, sprinkle sugar-free butter cookie crumbs or chopped walnuts over the ice cream after dispensing. Do not add them to the pint, as they could block the soft-serve nozzle.

Nutritional information per serving: Calories: approx. 145 | Fat: 1 g | Carbs: 18 g | Sugars: 14 g | Protein: 14 g



GELATOS



SICILIAN PISTACHIO GELATO



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened cashew milk (the best base for a heavy gelato texture) & 1 tbsp pure pistachio butter (100% nuts, no additives).
- Sweetener: 30g (2 tbsp) powdered erythritol & a pinch of sea salt (to highlight the roasted nut flavors).
- Texture Hack: A pinch of locust bean gum (for an extremely smooth, professional spiral).

PREPARATION:

1. Blend: Combine the cashew milk, pistachio butter, erythritol, salt, and thickener in a blender.
2. Emulsify: Blend until the mixture is absolutely smooth and a homogeneous, light green base is formed.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the GELATO program.
5. Consistency Check: Gelato is denser than standard ice cream. To ensure it glides perfectly through the lever, add 1 tbsp of cashew milk if needed and run the RE-SPIN program until the texture shows a silky sheen.
6. The Swirl: Press the lever of your Ninja Swirl down to dispense the exquisite pistachio gelato in a firm, smooth spiral.

Tip: Use unsweetened cashew milk specifically for this recipe. Cashews have a higher natural fat content than almonds, providing that rich, luxurious "mouthfeel" for which Italian gelato is world-famous.

Nutritional information per serving: Calories: approx. 215 | Fat: 16 g | Carbs: 6 g | Sugars: 2 g | Protein: 6 g

BOURBON-VANILLA-GELATO



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) whole milk (or unsweetened soy milk) & 100ml (approx. 1/3 cup) heavy cream (for that authentic gelato fat content).
- Sweetener: 45g (3 tbsp) Birch Sugar (Xylitol) – the secret to a smooth, professional flow.
- Aroma: 1 tsp Bourbon vanilla paste (with real vanilla bean flecks) & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (for a stable, elegant spiral)

PREPARATION:

1. Mix: Combine the milk, cream, xylitol, vanilla paste, and thickener in a bowl or blender.
2. Dissolve: Whisk or blend until the xylitol is completely dissolved and the mixture is silky smooth.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the GELATO program.
5. Consistency Check: Gelato is naturally denser and less airy than standard ice cream. If it looks too firm for the lever, add 1 tbsp of milk and run the RE-SPIN program until glossy.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the exquisite vanilla gelato in a perfect spiral.

Tip: Xylitol (Birch Sugar) is the best choice for gelato because it lowers the freezing point more effectively than erythritol. This ensures the center remains soft and allows the gelato to glide almost effortlessly through the dispensing nozzle.

Nutritional information per serving: Calories: approx. 240 | Fat: 18 g | Carbs: 12 g | Sugars: 8 g | Protein: 5 g

DARK HAZELNUT GIANDUJA GELATO



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened hazelnut milk & 1 tbsp dark roasted hazelnut butter (100% nuts).
- Flavoring: 1 tbsp unsweetened cocoa powder.
- Sweetener: 45g (3 tbsp) powdered erythritol & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (for a stable, professional-grade swirl)

PREPARATION:

1. Dissolve: Whisk the cocoa powder into a small amount of warm hazelnut milk until completely smooth and lump-free.
2. Mix: Add the hazelnut butter, remaining milk, erythritol, and thickener.
3. Blend: Use a hand blender or milk frother until the mixture is perfectly smooth and the hazelnut butter is fully emulsified.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the GELATO program.
6. Consistency Check: Gianduja (hazelnut-chocolate) is naturally creamy due to the nut oils. If the mixture looks firm, add 1 tbsp of hazelnut milk and run the RE-SPIN program until it shows a glossy sheen.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the dark, dense gelato in a shiny spiral.

Tip: The secret to the incredible shine of this gelato lies in the natural oils of the dark hazelnut butter. It ensures the surface looks ultra-smooth as it dispenses—almost like liquid chocolate that is just beginning to set.

Nutritional information per serving: Calories: approx. 260 | Fat: 21 g | Carbs: 7 g | Sugars: 2 g | Protein: 6 g

AMARENA-KIRSCH-GELATO



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) whole milk (or unsweetened soy milk) & 100ml (approx. 1/3 cup) heavy cream.
- Fruit: 100g (approx. ¾ cup) sour cherries (frozen or fresh), extremely finely pureed and sieved.
- Sweetener: 45g (3 tbsp) powdered erythritol & ½ tsp bitter almond extract (the key to that authentic Amarena taste).
- Texture Hack: A pinch of locust bean gum (for a stable, professional-grade spiral)

PREPARATION:

1. Puree & Strain: Puree the cherries until smooth and pass them through a fine-mesh sieve. No fruit skins or fibers should remain to prevent the nozzle from clogging.
2. Mix: Combine the cherry puree with the milk, cream, erythritol, bitter almond extract, and thickener.
3. Blend: Use a hand blender or milk frother until the base is perfectly homogeneous and silky.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the GELATO program.
6. Consistency Check: For smooth lever dispensing, the texture should have a silky sheen. If it looks a bit firm, add 1 tbsp of milk and run the RE-SPIN program.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the deep pink gelato in a perfect, elegant spiral.

Tip: The bitter almond extract is the "secret ingredient" here – it provides that characteristic marzipan note found in real Amarena cherries. Ensure the base is as smooth as possible before freezing; this ensures a flawlessly even shine when the gelato is dispensed.

Nutritional information per serving: Calories: approx. 210 | Fat: 14 g | Carbs: 15 g | Sugars: 9 g | Protein: 4 g

SALTED PEANUT GELATO



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened cashew milk (the gold standard for silky gelato) & 2 tbsp smooth peanut butter (100% nuts, no pieces).
- Sweetener: 45g (3 tbsp) powdered erythritol & ½ tsp finely ground sea salt.
- Texture Hack: A pinch of locust bean gum (for optimal soft-serve stability)

PREPARATION:

1. Blend: Combine the cashew milk, peanut butter, erythritol, salt, and thickener in a blender.
2. Emulsify: Blend until the mixture is completely homogeneous, emulsified, and looks glossy.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the GELATO program.
5. Consistency Check: Because of the rich peanut butter, this gelato is naturally very dense. For the perfect swirl, add 1 tbsp of cashew milk and run the RE-SPIN program.
6. The Swirl: Press the lever of your Ninja Swirl down to dispense the beige, shiny gelato in a firm spiral.

Tip: Always use "creamy" style peanut butter. Crunchy varieties with nut pieces will clog the delicate dispensing nozzle of your Ninja Swirl. If you want that crunch, simply sprinkle chopped peanuts over your swirl as a topping after dispensing.

Nutritional information per serving: Calories: approx. 245 | Fat: 19 g | Carbs: 6 g | Sugars: 2 g | Protein: 8 g



SORBETS



EXOTIC PASSION FRUIT DREAM



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 200ml (¾ cup) unsweetened passion fruit juice & 100g (approx. 3.5 oz) very ripe mango, finely pureed.
- Base: 100ml (approx. ⅓ cup) coconut water (a natural hydrator for a smooth texture).
- Sweetener: 30g (2 tbsp) Birch Sugar (Xylitol) – essential for a professional, glossy flow.
- Texture Hack: A pinch of locust bean gum (for perfect soft-serve stability)

PREPARATION:

1. Puree & Strain: Puree the mango flesh until completely smooth. Crucial: Press the puree through a fine-mesh sieve to remove all fibers and ensure the dispensing nozzle won't clog.
2. Mix: Thoroughly combine the strained mango puree with the passion fruit juice, coconut water, xylitol, and thickener.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the SORBET program.
5. Consistency Check: Sorbets require a silky, glossy texture for a clean dispense. Add 1 tbsp of coconut water and run the RE-SPIN program until the mixture looks smooth and shiny.
6. The Swirl: Press the lever of your Ninja Swirl down and dispense the bright yellow exotic treat in a perfect spiral.

Tip: Passion fruit has a very intense aroma and strong natural acidity. The mango puree acts as a natural "softener" in this recipe, balancing the tartness while ensuring the soft-serve retains a particularly smooth and glossy surface when dispensed.

Nutritional information per serving: Calories: approx. 125 | Fat: 0 g | Carbs: 26 g | Sugars: 22 g | Protein: 1 g

WILD BLUEBERRY AND LEMON MIX



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 250g (approx. 1 ¾ cups) blueberries (fresh or frozen), finely pureed and sieved.
- Aroma: Juice of 1 organic lemon (for natural acidity and color protection).
- Base: 150ml (⅔ cup) water.
- Sweetener: 45g (3 tbsp) powdered erythritol.
- Texture Hack: ¼ tsp locust bean gum (for a stable, professional-grade spiral)

PREPARATION:

1. Puree & Strain: Puree the blueberries until smooth. Crucial: Pass the puree through a fine-mesh sieve to remove all skins and seeds. This ensures the dispensing nozzle of your device stays perfectly clean.
2. Mix: Combine the smooth berry puree with the lemon juice, water, erythritol, and thickener.
3. Blend: Whisk or blend until the sweetener is fully dissolved and the base is homogeneous.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Sorbets can be firm after the first run. Add 1 tbsp of water and run the RE-SPIN program until the mixture looks smooth and glossy.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the deep purple sorbet in a perfect, elegant spiral.

Tip: The lemon is more than just a flavor booster—its acidity prevents the blueberries from oxidizing, ensuring the deep purple color stays vibrant and bright. This simple trick makes your swirl look like it came straight from a professional ice cream parlor!

Nutritional information per serving: Calories: approx. 110 | Fat: 0 g | Carbs: 23 g | Sugars: 16 g | Protein: 1 g

RHUBARB-STRAWBERRY FRESHNESS



Preparation:
15 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 150g (approx. ¾ cup) rhubarb (peeled, steamed, and finely pureed) & 150g (approx. 1 cup) fresh strawberries (pureed and sieved).
- Base: 50ml (approx. 3 tbsp) water.
- Sweetener: 30g (2 tbsp) Birch Sugar (Xylitol) – the key to a smooth, non-icy sorbet flow.
- Texture Hack: ¼ tsp locust bean gum & optional: 1 tsp inulin (for an even creamier, professional-grade texture)

PREPARATION:

1. Prepare Fruit: Steam the rhubarb with a splash of water until soft, then puree until smooth. Puree the strawberries and strain through a fine-mesh sieve to remove all seeds.
2. Mix: Combine the rhubarb and strawberry purees with the water, xylitol, and thickeners.
3. Blend: Use a hand blender or whisk until the base is completely homogeneous and no fibers are visible.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Sorbets often need a little boost for the lever. Add 1 tbsp of water and run the RE-SPIN program until the mixture shows a silky, glossy sheen.
7. The Swirl: Press the lever down to dispense the vibrant pinkish-red sorbet in a smooth, elegant spiral.

Tip: This combination is an absolute classic. Steaming the rhubarb is essential—it breaks down the tough fibers completely, resulting in an extremely smooth soft-serve that is gentle on your machine's dispensing mechanism.

NUTRITIONAL INFORMATION per serving: Calories: approx. 95 | Fat: 0 g | Carbs: 18 g | Sugars: 14 g | Protein: 1 g

PEACH ICED TEA SORBET



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) homemade peach tea (brewed strong from 2 bags of black or fruit tea, unsweetened and cooled).
- Fruit: 1 ripe peach (approx. 150g / 5.3 oz), peeled and extremely finely pureed.
- Sweetener: 30g (2 tbsp) powdered erythritol & a squeeze of fresh lemon juice.
- Texture Hack: ¼ tsp locust bean gum (essential for creating a stable, professional-grade spiral)

PREPARATION:

1. Prepare Peach: Blanch the peach in boiling water for 30 seconds, peel off the skin, and puree the flesh until completely smooth. Pro Step: Sieve the puree to ensure no skin fragments remain.
2. Mix: Combine the cold tea with the peach puree, erythritol, lemon juice, and thickener.
3. Blend: Use a blender or milk frother to emulsify the mixture until perfectly homogeneous.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Tea-based sorbets are very watery. For a smooth flow, add 1 tbsp of water and run the RE-SPIN program until the mixture looks glossy, like soft snow.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the bright orange iced tea treat in a perfect spiral.

Tip: To peel a peach easily, cut a small "X" on the bottom before blanching. This step is crucial for the Ninja Swirl: it ensures no tough bits of skin block the fine nozzle of your dispensing lever, guaranteeing a flawlessly smooth result.

Nutritional information per serving: Calories: approx. 75 | Fat: 0 g | Carbs: 16 g | Sugars: 13 g | Protein: 1 g

KIWI-LIME SPLASH



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 4 ripe kiwis (approx. 300g / 10.5 oz), peeled and finely pureed.
- Aroma: Juice of 2 fresh limes (for natural acidity and a citrus kick).
- Base: 100ml (approx. $\frac{1}{3}$ cup) water.
- Sweetener: 30g (2 tbsp) granulated stevia sweetener (or your preferred natural sweetener).
- Texture Hack: $\frac{1}{4}$ tsp locust bean gum (essential for that stable, elegant spiral).

PREPARATION:

1. Puree & Strain: Peel the kiwis and puree them until completely smooth. Crucial: Pass the puree through a fine-mesh sieve to remove all the small black seeds. This ensures the seeds don't clog the dispensing nozzle or disrupt the smooth texture.
2. Mix: Combine the smooth kiwi puree with the lime juice, water, sweetener, and thickener.
3. Blend: Use a blender or hand mixer until the mixture is perfectly homogeneous and frothy.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Kiwi sorbets often need a little boost for the lever. Add 1 tbsp of water and run the RE-SPIN program until the mixture shows a silky, glossy sheen.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the bright green treat in a perfect spiral.

Tip: Use kiwis that are very soft and ripe. Unripe kiwis are too acidic and contain enzymes that can result in a rougher texture when frozen. Ripe fruit ensures the naturally sweetest flavor and the perfect, smooth swirl.

Nutritional information per serving: Calories: approx. 115 | Fat: 1 g | Carbs: 22 g | Sugars: 17 g | Protein: 2 g

CHERRY-COLA-ICE RUSH



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) Cola Zero (flat/no bubbles) & 100ml (approx. $\frac{1}{3}$ cup) unsweetened sour cherry juice (100% fruit).
- Sweetener: 15g (1 tbsp) powdered erythritol.
- Texture Hack: A pinch of locust bean gum (essential for creating a stable, professional-grade swirl)

PREPARATION:

1. De-carbonate: Pour the cola into a container and stir vigorously with a whisk or spoon until all carbonation is gone. Important: Carbonation causes the mixture to expand too much during freezing.
2. Mix: Combine the "flat" cola with the cherry juice, erythritol, and thickener.
3. Dissolve: Whisk until the erythritol and thickener are completely dissolved and the base is smooth.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the SORBET program.
6. Consistency Check: Cola-based sorbets freeze very hard. For a smooth flow, add 1 tbsp of water or cherry juice and run the RE-SPIN program until the texture shows a glossy, velvet-like finish.
7. The Swirl: Press the lever of your Ninja Swirl down and dispense the dark red treat in a perfect, elegant spiral.

Tip: To elevate the flavor, add one drop of vanilla extract to the base. This creates a "Cherry Vanilla Cola" note that perfectly rounds off the aroma and adds a gourmet touch to your swirl.

Nutritional information per serving: Calories: approx. 45 | Fat: 0 g | Carbs: 10 g | Sugars: 9 g | Protein: 0 g



MILCHSHAKES



CLASSIC VANILLA DREAM SHAKE



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened almond milk & 100g (approx. 3.5 oz) low-fat quark (or Greek yogurt).
- Protein Boost: 1 scoop (30g) vanilla whey protein powder.
- Aroma: ½ tsp vanilla extract & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (crucial for that stable, thick milkshake structure)

PREPARATION:

1. Mix: Combine the almond milk, quark, protein powder, vanilla, and thickener in a blender or shaker.
2. Smooth: Blend thoroughly until no lumps of quark remain and the mixture is perfectly smooth.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the MILKSHAKE program.
5. Consistency Check: Shakes often remain quite firm after the first cycle. For that perfect "thick-shake" texture, add 30–50ml (2–3 tbsps) of cold almond milk and run the RE-SPIN program.
6. Perfect Pour: The shake is ready when it is thick enough to barely sip through a wide straw.

Tip: If you want to enjoy your shake immediately after processing, give the pint a quick swirl with a long spoon to loosen the texture further before pouring it into a tall glass.

Nutritional information per serving: Calories: approx. 220 | Fat: 4 g | Carbs: 6 g | Sugars: 4 g | Protein: 38 g

DOUBLE CHOCOLATE FUDGE SHAKE



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) low-fat milk (1.5% fat) & 1 tbsp light cream cheese (the secret to that rich "fudge" feel).
- Flavoring: 2 tbsp unsweetened cocoa powder.
- Sweetener: 30g (2 tbsp) powdered erythritol & a pinch of sea salt (to make the chocolate "pop").
- Texture Hack: A pinch of locust bean gum (for maximum stability and a thick, creamy pour)

PREPARATION:

1. Dissolve: Whisk the cocoa powder and erythritol into a small amount of warm milk until completely smooth and lump-free.
2. Mix: Add the remaining cold milk, cream cheese, salt, and thickener.
3. Blend: Use a blender or hand mixer until the mixture is perfectly homogeneous and smooth.
4. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
5. Process: Install the pint and select the MILKSHAKE program.
6. Consistency Check: After the first cycle, the mixture will be quite compact. For a true shake texture, add 30–50ml (2–3 tbsp) of cold milk and run the RE-SPIN program until it reaches a thick, creamy consistency.

Tip: For the ultimate "fudge factor," stir in a few sugar-free chocolate chips by hand after processing. They stay crunchy in the ice-cold shake and provide a fantastic contrast to the silky-smooth base.

NUTRITIONAL INFORMATION per serving: Calories: approx. 185 | Fat: 8 g | Carbs: 11 g | Sugars: 10 g | Protein: 12 g

STRAWBERRY-BANANA POWER SHAKE



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: ½ ripe banana (approx. 55g / 2 oz) & 100g (approx. ¾ cup) fresh or frozen strawberries, finely pureed.
- Base: 200ml (¾ cup) unsweetened almond milk.
- Sweetener: 15g (1 tbsp) Birch Sugar (Xylitol) – the best choice for a smooth drinking consistency.
- Texture Hack: A pinch of locust bean gum (for that perfect, stable "shake density")

PREPARATION:

1. Blend: Combine the banana, strawberries, almond milk, xylitol, and thickener in a blender.
2. Smooth: Blend until absolutely smooth with no fruit pieces or seeds remaining.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the MILKSHAKE program.
5. Consistency Check: Shakes often remain very thick after the first run. For that classic texture, add 40–60ml (3–4 tbsp) of cold almond milk and run the RE-SPIN program until it reaches a thick, pourable consistency.

Tip: For an even deeper flavor, use bananas with plenty of brown spots. Combined with the locust bean gum, very ripe bananas create a shake so dense and velvety it's almost like soft-serve ice cream in liquid form.

Nutritional information per serving: Calories: approx. 140 | Fat: 2 g | Carbs: 24 g | Sugars: 18 g | Protein: 3 g

ESPRESSO PROTEIN WAKE-UP CALL



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200ml (¾ cup) cold espresso or very strong coffee & 100ml (approx. ⅔ cup) unsweetened almond milk.
- Protein Boost: 1 scoop (30g) vanilla or chocolate whey protein powder.
- Sweetener: 15g (1 tbsp) powdered erythritol (optional, adjust to taste).
- Texture Hack: A pinch of locust bean gum (for that foamy, thick "coffee shop" texture)

PREPARATION:

1. Mix: Combine the cold coffee, almond milk, protein powder, erythritol, and thickener in a shaker or blender.
2. Blend: Shake or blend vigorously until the protein powder is fully dissolved and the mixture is frothy.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the MILKSHAKE program.
5. Consistency Check: Coffee-based shakes tend to freeze very densely. After the first run, add 40–50ml (3–4 tbsp) of cold almond milk and run the RE-SPIN program until a light, creamy shake consistency is achieved.

Tip: For an extra energy boost in the morning, add a teaspoon of MCT oil or coconut oil to the base before freezing. This provides quick fuel for your brain and makes the shake even smoother and glossier when processed.

NUTRITIONAL INFORMATION per serving: Calories: approx. 165 | Fat: 3 g | Carbs: 4 g | Sugars: 1 g | Protein: 28 g

PISTACHIO MARZIPAN SHAKE



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250ml (1 cup) unsweetened cashew milk & 1 tbsp pure pistachio butter (100% nuts).
- Sweetener: 30g (2 tbsp) powdered erythritol & a pinch of sea salt.
- Aroma: 2 drops of bitter almond extract (the secret to the marzipan note).
- Texture Hack: A pinch of locust bean gum (for that perfect, thick shake consistency)

PREPARATION:

1. Blend: Combine the cashew milk, pistachio butter, erythritol, extract, salt, and thickener in a blender.
2. Smooth: Blend until the mixture is absolutely homogeneous and the pistachio butter is fully emulsified.
3. Freeze: Pour into the Ninja pint (mind the Max Fill line) and freeze level at -18°C (0°F) for 24 hours.
4. Process: Install the pint and select the MILKSHAKE program.
5. Consistency Check: Nut butters create a very dense base. For a silky, drinkable texture, add 30–50ml (2–3 tbsp) of cold cashew milk and run the RE-SPIN program until it reaches a thick, velvety consistency.

Tip: Bitter almond extract is extremely potent—start with just 1–2 drops. Combined with the pistachio butter, it creates an authentic, high-quality marzipan flavor that is completely sugar-free.

Nutritional information per serving: Calories: approx. 225 | Fat: 16 g | Carbs: 7 g | Sugars: 2 g | Protein: 6 g



FROZEN YOGHURT



CLASSIC VANILLA DREAM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350g (approx. 1 ½ cups) Greek yogurt (5% fat for best creaminess) & 80ml (approx. 1/3 cup) unsweetened almond milk.
- Sweetener: 45g (3 tbsp) powdered erythritol (prevents a gritty mouthfeel).
- Aroma: 1 tsp vanilla extract (or the seeds of one vanilla bean) & a pinch of sea salt.
- Texture Hack: A pinch of locust bean gum (optional, for an even smoother result)

PREPARATION:

1. Mix: In a bowl, whisk together the yogurt, almond milk, erythritol, and vanilla until perfectly smooth.
2. Freeze: Pour the mixture into the 480ml (1 pint) pint (mind the Max Fill line). Freeze on a level surface for 24 hours.
3. Process: Install the pint and select the FROZEN YOGURT program.
4. The Finish: For a true soft-serve texture, add 1 tbsp of almond milk to the center after the first pass and run the RE-SPIN program.
5. Serve: Enjoy directly from the pint or add sugar-free toppings using the MIX-IN function.

Tip: For that authentic "soft-serve" look, let the pint thaw on the countertop for 5-10 minutes before processing. This protects the blades and ensures a much smoother, creamier result.

Nutritional information per serving: Calories: approx. 128 | Fat: 9 g | Carbs: 6 g | Sugars: 0 g | Protein: 9 g

BLUEBERRY-LEMON FRESHNESS



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250g (approx. 1 cup) Greek yogurt (5% fat) & 100g (approx. ¾ cup) frozen blueberries, finely pureed.
- Sweetener: 40g (approx. 3 tbsp) powdered erythritol & a pinch of sea salt.
- Aroma: Juice and zest of ½ organic lemon.
- Optional: A few fresh blueberries for the Mix-In.

PREPARATION:

1. Mix: Combine the blueberry puree with the yogurt, lemon juice, lemon zest, and erythritol. Whisk until the mixture is a uniform, vibrant purple.
2. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
3. Process: Install the pint and select the FROZEN YOGURT program.
4. Mix-In: For an extra burst of fruit, create a hole in the center after the first run, add a few fresh blueberries, and press the MIX-IN button.

Tip: Sprinkle the fresh lemon zest over the finished frozen yogurt only at the very end. This allows the essential oils to release their full aroma just as you serve it, providing a beautiful color contrast and a professional finish.

Nutritional information per serving: Calories: approx. 105 | Fat: 5 g | Carbs: 8 g | Sugars: 0 g | Protein: 8 g

PEANUT BUTTER CHOCOLATE CHIPS



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300g (approx. 1 ¼ cups) Greek yogurt (5% fat) & 2 tbsp natural peanut butter (no added sugar).
- Flavoring: 1 tbsp unsweetened cocoa powder & a pinch of sea salt (to make the peanut flavor "pop").
- Sweetener: 45g (3 tbsp) powdered erythritol.
- The Crunch: 20g (approx. 1.5 tbsp) sugar-free chocolate chips

PREPARATION:

- Mix: Vigorously whisk the yogurt with the peanut butter, cocoa, erythritol, and salt until a smooth, dark, and homogeneous cream forms.
- Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze on a level surface for 24 hours.
- Process: Install the pint and select the FROZEN YOGURT program.
- Mix-In: After the first cycle, create a deep hole in the center of the frozen yogurt. Pour in the chocolate chips and press the MIX-IN button to distribute the crunch perfectly.

Tip: If your peanut butter is too firm, microwave it for 10–20 seconds before mixing. This ensures it blends seamlessly with the cold yogurt without forming stubborn lumps.

Nutritional information per serving: Calories: approx. 175 | Fat: 12 g | Carbs: 6 g | Sugars: 0 g | Protein: 11 g

EXOTIC MANGO-COCONUT DREAM



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 200g (approx. $\frac{3}{4}$ cup) Greek yogurt (5% fat) & 100ml (approx. $\frac{2}{3}$ cup) full-fat canned coconut milk.
- Fruit: 100g (approx. $\frac{3}{4}$ cup) mango pulp, finely pureed.
- Sweetener: 40g (3 tbsp) powdered erythritol & a squeeze of fresh lime juice.
- Color Hack: A pinch of turmeric (optional, for a brilliant natural yellow color)

PREPARATION:

1. Mix: Combine the mango puree, yogurt, coconut milk, erythritol, and lime juice in a bowl.
2. Smooth: Whisk until the mixture is completely homogeneous and no lumps remain.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FROZEN YOGURT program.
5. The Finish: If the texture looks too firm after the first pass, add 1 tbsp of coconut milk to the center and run the RE-SPIN program until creamy.

Tip: After processing, sprinkle some toasted coconut flakes over your finished swirl. This intensifies the exotic aroma and provides a beautiful visual contrast along with a satisfying crunch.

Nutritional information per serving: Calories: approx. 142 | Fat: 10 g | Carbs: 9 g | Sugars: 0 g | Protein: 5 g

RASPBERRY CHEESECAKE BLISS



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 250g (approx. 1 cup) Greek yogurt (5% fat) & 80g (approx. 3 oz) full-fat cream cheese.
- Fruit: 100g (approx. ¾ cup) raspberries (fresh or frozen), pureed and sieved.
- Sweetener: 50g (approx. 3.5 tbsp) powdered erythritol & a pinch of vanilla powder.
- The Crunch: 20g (approx. 2-3 biscuits) sugar-free butter biscuits (cookies), crumbled

PREPARATION:

1. Cheesecake Base: In a bowl, whisk the yogurt, cream cheese, vanilla, and erythritol until perfectly smooth.
2. The Marble Effect: Gently fold in the sieved raspberry puree. Tip: Don't over-mix if you want a beautiful marbled look.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FROZEN YOGURT program.
5. Mix-In: After the first cycle, create a hole in the center, add the biscuit crumbs, and press the MIX-IN button to incorporate the "cheesecake crust."

Tip: Straining the raspberry puree through a fine-mesh sieve is the secret here. Removing the tiny seeds elevates the consistency of your swirl to a fine, Michelin-star quality dessert.

Nutritional information per serving: Calories: approx. 158 | Fat: 11 g | Carbs: 7 g | Sugars: 0 g | Protein: 9 g

PISTACHIO DREAM WITH CRUNCH



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 350g (approx. 1 ½ cups) Greek yogurt (5% fat) & 1 tbsp pure pistachio butter (100% nuts).
- Sweetener: 45g (3 tbsp) powdered erythritol & a small pinch of sea salt (to make the nut flavor "pop").
- The Crunch: 15g (approx. 1.5 tbsp) chopped pistachio kernels.
- Optional: 1 drop of bitter almond extract (to enhance the subtle marzipan notes)

PREPARATION:

1. Mix: Thoroughly whisk the yogurt with the pistachio butter, erythritol, and salt until the mixture is smooth and has a uniform, pale green color.
2. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
3. Process: Install the pint and select the FROZEN YOGURT program.
4. Mix-In: After the first cycle, create a hole in the center, add the chopped pistachios, and press the MIX-IN button to distribute the crunch perfectly.

Tip: Pistachio butter is naturally oily and can separate in the jar. Be sure to stir it vigorously from bottom to top before adding it to your yogurt. This ensures the full aroma and vibrant green color are evenly distributed throughout your swirl.

Nutritional information per serving: Calories: approx. 168 | Fat: 12 g | Carbs: 5 g | Sugars: 0 g | Protein: 10 g



FRUITI



SUNNY MANGO-LIME FRUITI



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 400g (approx. 2 cups) mango pulp (very ripe or frozen), finely pureed.
- Aroma: 2 tbsp freshly squeezed lime juice & a pinch of sea salt.
- Sweetener: 35g (approx. 2.5 tbsp) powdered erythritol (adjust based on the mango's natural sweetness).
- Base: 50ml (approx. 3 tbsp) water (or unsweetened coconut water for more depth).
- Color Hack: A pinch of turmeric (optional, for a brilliant yellow color)

PREPARATION:

1. Puree: Combine the mango, lime juice, erythritol, and water in a blender.
2. Smooth: Blend until the mixture is absolutely smooth, ensuring no fibers or fruit chunks remain.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FRUITI program to achieve that signature light and airy soft-serve texture.
5. The Finish: If the result looks too firm after the first pass, add 1 tbsp of water and run the RE-SPIN program.

Tip: Use unsweetened coconut water instead of regular water. It adds a subtle exotic note and the natural minerals help create an even smoother, silkier consistency.

Nutritional information per serving: Calories: approx. 85 | Fat: 0 g | Carbs: 18 g | Sugars: 0 g | Protein: 1 g

REFRESHING STRAWBERRY WAVE



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 350g (approx. 2 ¼ cups) fresh or frozen strawberries, very finely pureed.
- Aroma: 1 tsp freshly squeezed lemon juice.
- Sweetener: 40g (3 tbsp) powdered erythritol.
- Base: 50ml (approx. 3 tbsp) water.
- Optional: 2–3 fresh mint leaves, finely chopped

PREPARATION:

1. Mix: Combine the strawberry puree with the lemon juice, erythritol, and water. Stir until the sweetener is completely dissolved.
2. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
3. Process: Install the pint and select the FRUITI program to achieve an especially airy and soft soft-serve texture.
4. The Finish: For an even creamier consistency, add 1 tbsp of water after the first pass and run the RE-SPIN program.

Tip: For a visually stunning "Strawberry Cream" variation, add a dollop of Greek yogurt as a topping after processing, or gently fold it in using the MIX-IN function for a marbled effect.

Nutritional information per serving: Calories: approx. 42 | Fat: 0 g | Carbs: 8 g | Sugars: 0 g | Protein: 1 g

TROPICAL PINEAPPLE-COCONUT FRUITI



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 300g (approx. 2 cups) fresh or frozen pineapple, pureed until completely smooth.
- Base: 100ml (approx. $\frac{1}{3}$ cup) unsweetened coconut milk (for a creamy texture).
- Sweetener: 30g (2 tbsp) powdered erythritol & a small pinch of sea salt.
- Optional: 1 tbsp desiccated coconut (for the Mix-In)

PREPARATION:

1. Puree: Place the pineapple, coconut milk, erythritol, and salt in a blender.
2. Smooth: Blend until the mixture is absolutely homogeneous and creamy, ensuring no fibers remain.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FRUITI program. The coconut milk helps create an especially airy, light-as-air texture.
5. Mix-In: For the ultimate "Dole Whip" experience, create a hole in the center after the first run, add the desiccated coconut, and press the MIX-IN button.

Tip: If using fresh pineapple, ensure it is very ripe (it should have a strong, sweet aroma). The riper the fruit, the less erythritol you will need to achieve the perfect balance of sweetness.

Nutritional information per serving: Calories: approx. 95 | Fat: 4 g | Carbs: 11 g | Sugars: 0 g | Protein: 1 g

VELVETY CHOCOLATE-BANANA FRUIT



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 350g (approx. 2-3 large) very ripe bananas (look for plenty of brown spots).
- Flavoring: 1 tbsp (10g) unsweetened cocoa powder & a small pinch of sea salt.
- Base: 50ml (approx. 3 tbsp) unsweetened almond milk (or water).
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol (optional, based on the ripeness of the bananas).
- The Crunch: 10g (approx. 1 tbsp) sugar-free chocolate chips

PREPARATION:

1. Puree: Peel the bananas and place them in a blender along with the cocoa powder, almond milk, and erythritol.
2. Smooth: Blend until the mixture is absolutely smooth and uniform in color.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FRUITI program. The banana base creates a stunningly silky soft-serve effect.
5. Mix-In: Create a hole in the center after the first run, add the chocolate chips, and press the MIX-IN button for that final cocoa crunch.

Tip: The riper the bananas, the creamier and sweeter your result will be. If your bananas are covered in brown spots, you can omit the erythritol entirely for a 100% natural, whole-food dessert.

Nutritional information per serving: Calories: approx. 120 | Fat: 2 g | Carbs: 24 g | Sugars: 0 g | Protein: 2 g

DARK CHOCOLATE CHERRY DREAM



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 300g (approx. 2 cups) pitted sour cherries (fresh or frozen), finely pureed.
- Flavoring: 1 tbsp (10g) unsweetened cocoa powder & 2 drops of bitter almond extract (optional, for a subtle marzipan note).
- Base: 50ml (approx. 3 tbsp) water (or unsweetened cherry juice).
- Sweetener: 45g (3 tbsp) powdered erythritol.
- The Crunch: 10g (approx. 1 tbsp) sugar-free chocolate shavings

PREPARATION:

1. Mix: Combine the cherry puree with the cocoa powder, water, erythritol, and extract.
2. Smooth: Whisk or blend until the cocoa is fully dissolved and the mixture is dark and smooth.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the FRUITI program to achieve an especially airy and intense fruit-chocolate swirl.
5. Mix-In: Create a hole in the center after the first cycle, add the chocolate shavings, and press the MIX-IN button to distribute the crunch evenly.

Tip: For an even more indulgent experience, drizzle a few drops of sugar-free chocolate sauce over the swirl after serving. The contrast between the tart cherries and the rich, velvety cocoa is truly world-class.

Nutritional information per serving: Calories: approx. 85 | Fat: 2 g | Carbs: 15 g | Sugars: 0 g | Protein: 2 g



CREAMIFIT



PROTEIN-VANILLA-SKYR-SWIRL



Preparation:
5 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300g (approx. 1 ¼ cups) plain Skyr & 100ml (approx. 1/3 cup) unsweetened almond milk.
- Protein Boost: 30g (1 scoop) vanilla protein powder.
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol (optional, depending on the sweetness of your powder).
- Aroma: A pinch of Bourbon vanilla & a small pinch of sea salt

PREPARATION:

1. Mix: Combine the Skyr, almond milk, protein powder, erythritol, and vanilla in a bowl.
2. Smooth: Use a whisk or hand blender to mix until perfectly smooth with no protein powder lumps remaining.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the CREAMIFIT program. This setting is specifically designed to whip protein-rich bases into an exceptionally creamy consistency.
5. The Finish: If the texture looks powdery after the first run, add 1 tbsp of almond milk and run the RE-SPIN program until glossy.

Tip: Skyr has a much firmer texture than regular yogurt. If you prefer a fluffier, softer swirl, add a teaspoon of sugar-free vanilla syrup during the mixing stage. This intensifies the flavor and enhances the overall smoothness.

Nutritional information per serving: Calories: approx. 145 | Fat: 1 g | Carbs: 6 g | Sugars: 0 g | Protein: 26 g

CHOCOLATE HAZELNUT PROTEIN BOMB



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Base: 300ml (1 ¼ cups) unsweetened almond milk (or low-fat milk) & 1 tbsp natural hazelnut butter (100% nuts).
- Protein Boost: 35g (approx. 1.2 oz) chocolate protein powder.
- Flavoring: 1 tsp unsweetened cocoa powder & a small pinch of sea salt.
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol (optional, depending on your powder)

PREPARATION:

1. Sequence: Pour the almond milk into a blender or shaker first (this prevents the powder from sticking to the bottom). Add the protein powder, hazelnut butter, cocoa, erythritol, and salt.
2. Blend: Mix for about 30 seconds until extremely smooth and the hazelnut butter is fully emulsified.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the CREAMIFIT program.
5. The Finish: Since homemade protein bases can freeze a bit "drier" than store-bought shakes, add a splash of almond milk and run the RE-SPIN program to achieve maximum creaminess.

Tip: For an even thicker result, use Casein protein (or a Whey-Casein blend). Casein binds more liquid than pure Whey, naturally making the protein ice cream significantly denser and creamier.

Nutritional information per serving: Calories: approx. 172 | Fat: 7 g | Carbs: 4 g | Sugars: 0 g | Protein: 25 g

BANANA SPLIT PROTEIN SWIRL



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 150g (approx. 1 ½ small) ripe bananas, pureed.
- Base: 200ml (¾ cup) unsweetened almond milk.
- Protein Boost: 35g (1 scoop) vanilla or banana protein powder.
- The Crunch: 10g (approx. 1 tbsp) sugar-free chocolate chips.
- Aroma: A small pinch of sea salt

PREPARATION:

1. Blend: Combine the banana, almond milk, protein powder, and salt in a blender.
2. Smooth: Blend until completely smooth with no fruit chunks remaining.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the CREAMIFIT program. The natural starch in the banana ensures an extremely creamy consistency.
5. Mix-In: After the first cycle, create a hole in the center, add the chocolate chips, and press the MIX-IN button.

Tip: Bananas are the "secret weapon" for protein ice cream. They prevent the base from becoming too icy or crystalline during freezing. For the best result, use bananas with brown spots—the riper they are, the more intense the flavor and the less extra sweetener you'll need.

Nutritional information per serving: Calories: approx. 165 | Fat: 3 g | Carbs: 18 g | Sugars: 0 g | Protein: 18 g

RASPBERRY YOGURT PROTEIN POWER



Preparation:
10 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 150g (approx. 1 ¾ cups) raspberries (fresh or frozen), finely pureed and sieved.
- Base: 150g (approx. 5.5 oz) low-fat quark or Skyr (for that extra casein boost) & 100ml (approx. 1/3 cup) unsweetened almond milk.
- Protein Boost: 35g (1 scoop) vanilla or berry protein powder.
- Sweetener: 30g (2 tbsp) powdered erythritol & a pinch of sea salt

PREPARATION:

1. Puree & Strain: Puree the raspberries and pass them through a fine-mesh sieve to remove the seeds.
2. Mix: Combine the smooth berry puree with the quark/Skyr, almond milk, protein powder, and erythritol.
3. Smooth: Blend or whisk until completely smooth and homogeneous.
4. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
5. Process: Install the pint and select the CREAMIFIT program. This setting is ideal for breaking down the dense structure of the quark.
6. The Finish: If the texture looks a bit firm or "snowy" after the first run, add 1 tbsp of almond milk to the center and run the RE-SPIN program until glossy.

Tip: Straining the raspberries to remove the hard seeds is a game-changer for the CREAMIFIT mode. Without those tiny particles, the final result is incredibly silky, rivaling the texture of premium artisanal ice cream parlors.

Nutritional information per serving: Calories: approx. 152 | Fat: 1 g | Carbs: 8 g | Sugars: 0 g | Protein: 25 g

PEANUT BUTTER BANANA PROTEIN BOOST



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

- Fruit: 100g (approx. 1 small) ripe banana, finely pureed.
- Base: 200ml (¾ cup) unsweetened almond milk.
- Protein Boost: 40g (approx. 1.3 oz) vanilla or peanut protein powder.
- Nut Component: 1 tbsp (approx. 8g) defatted peanut butter powder (or 15g natural peanut butter).
- Sweetener: 20g (approx. 1.5 tbsp) powdered erythritol (optional).
- Aroma: A pinch of sea salt

PREPARATION:

1. Blend: Combine the banana, almond milk, protein powder, peanut butter, and salt in a blender.
2. Smooth: Blend until completely smooth and homogeneous. The banana acts as a natural emulsifier, ensuring maximum creaminess.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the CREAMIFIT program. This setting is ideal for whipping the dense structure of banana and protein into a light, airy texture.
5. The Finish: If the texture looks a bit firm after the first run, add 1 tbsp of almond milk and run the RE-SPIN program.

Tip: If you crave a more intense peanut experience, add 1 tsp of chopped, roasted (unsalted) peanuts using the MIX-IN function after processing. This gives your creamy swirl a wonderful artisanal character and a satisfying crunch.

Nutritional information per serving: Calories: approx. 185 | Fat: 5 g | Carbs: 12 g | Sugars: 0 g | Protein: 23 g

COFFEE-MOCHA PROTEIN KICK



Preparation:
8 MIN



Freezing:
24 HR



Portions:
2



INGREDIENTS:

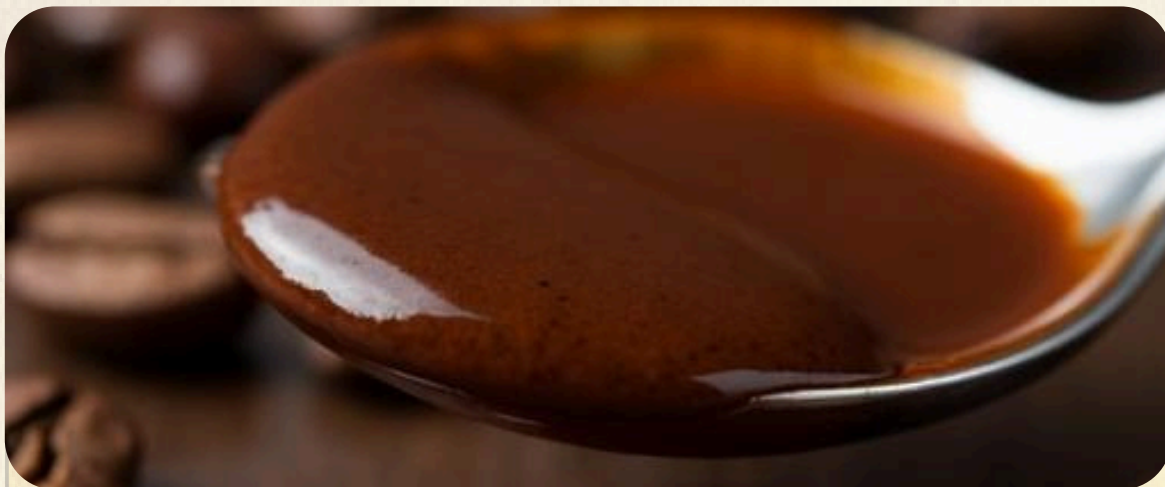
- Base: 250ml (1 cup) cold coffee (strong espresso or cold brew) & 100ml (approx. $\frac{2}{3}$ cup) unsweetened almond milk.
- Protein Boost: 40g (approx. 1.3 oz) chocolate or vanilla protein powder.
- Flavoring: 1 tsp unsweetened cocoa powder & a pinch of cinnamon (optional, for added depth).
- Sweetener: 25g (approx. 2 tbsp) powdered erythritol & a small pinch of sea salt

PREPARATION:

1. Blend: Place the cold coffee, almond milk, protein powder, cocoa, erythritol, and cinnamon in a blender.
2. Smooth: Blend on high speed for 30 seconds to ensure the powder is fully dissolved and the mixture is frothy and lump-free.
3. Freeze: Pour into the 480ml (1 pint) pint (mind the Max Fill line). Freeze level for 24 hours.
4. Process: Install the pint and select the CREAMIFIT program to transform the crystalline coffee base into a creamy mocha swirl.
5. The Finish: If the texture looks a bit crumbly after the first run, add 1 tbsp of cold coffee and run the RE-SPIN program until smooth.

Tip: If you're using this as a pre-workout snack, sprinkle a few raw cacao nibs over your swirl after processing. They provide a rich chocolate crunch and a dose of antioxidants that perfectly complement the bold coffee flavor.

Nutritional information per serving: Calories: approx. 125 | Fat: 2 g | Carbs: 4 g | Sugars: 0 g | Protein: 22 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.

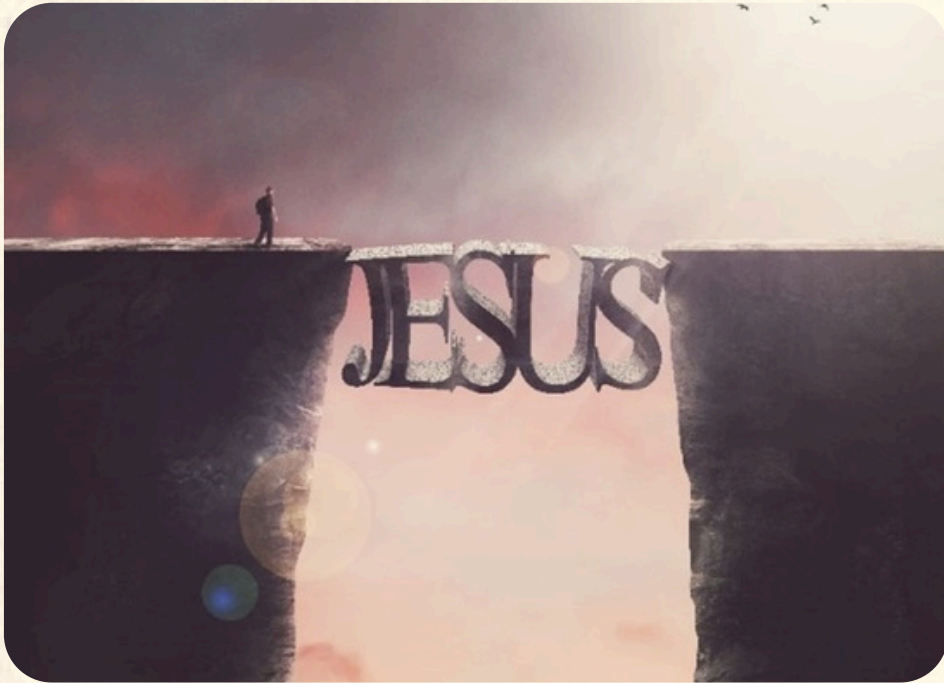
So, how do you get access to the "bonus library"? It's very simple. Scan the QR code shown below with a QR code app of your choice, then click on the displayed link and you'll be in the selection in no time.



It has been an absolute pleasure guiding you through the world of the Ninja Swirl. 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, Helena

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)