



Creamy ICE CREAM

COOKBOOK for the “Fast-Paced ninja”

**100+ Unofficial Recipes for Standard & Deluxe Ice Cream
Makers — From Gelato to Smoothie Bowls & More**

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Introduction

That feeling when you crave ice cream, but your mind immediately floods with thoughts of extra calories, sugar, and guilt? It's time to put an end to that.

I'm a dietitian with 20 years of experience. Yes, I could have written yet another book about smoothies and sprouted grains. But instead, I decided to talk to you about ice cream. That ice cream—cold, sweet, melting on your tongue, the kind that makes kids squeal with delight and adults feel carefree again, if only for a moment.

Because I firmly believe that healthy eating isn't about lifelong restriction. It's about balance. Between nourishment and pleasure. Between discipline and joy. Between steamed broccoli and a scoop of pistachio gelato you made yourself—in your very own Ninja CREAMi.

And that magical machine! If you haven't met it yet, picture this: a compact dessert factory right on your countertop. You pour simple ingredients into the container—milk, fresh fruit, maybe a drizzle of honey or a pinch of vanilla—freeze it, then press a button. In minutes, it transforms into perfect ice cream. No icy chunks, no weird aftertaste like store-bought versions. Just your own, uniquely crafted flavor.

The first time I tried Ninja CREAMi ice cream, it was a revelation. I made mango sorbet with a splash of lemon juice—and it was so rich, so... real, that all my dietitian instincts momentarily trembled. Then came the dark chocolate with sea salt experiment—and I realized: this isn't just another kitchen gadget. It's a ticket to a world where desserts can be both indulgent and honest. Where you control every ingredient yet still get that creamy, nostalgic taste of childhood.

In this book, I've gathered recipes that prove ice cream doesn't have to be a guilty pleasure. It can be a light fruit sorbet after a run. A protein-packed shake with peanut butter for recovery. Or even a vegan treat made with coconut milk—if that's your preference. Or yes, it can be unapologetically sweet vanilla bean with caramel crunch—because sometimes, that's exactly what your soul needs.

I won't try to convince you ice cream is a superfood. But I do know this: a life without little joys is an unhealthy life. So, let's make a deal. Grab your Ninja CREAMi, flip open this book to any page—and give yourself permission to enjoy it. No guilt. No thoughts about tomorrow's workout. Simply because you're human, and humans were made for happiness. Even—no, especially—in the form of ice cream.

Ready to begin? Let's go—your perfect dessert is waiting.

Dr. Zoe Bennett

Chapter 1. The Magic of Homemade: Your Ninja CREAMi Journey Begins



Ah, my dears! Do you know what my patients confess to me most often? "Doctor, I couldn't resist and ate ice cream..." And it's not just about the sugar. It's a longing for that very childhood magic, when a spoonful of creamy vanilla melts in your mouth like a memory of carefree days. That's precisely why I adore my Ninja CREAMi – it gives that pure joy without the slightest guilt.

This book will become your indispensable assistant, whether you own the Ninja CREAMi 7-in-1 or the newest Ninja CREAMi XL Deluxe 11-in-1. The recipes here are created for the basic 7-program version but work perfectly for the Deluxe as well – simply multiply the ingredients by 1.5. Owners of the advanced XL Deluxe model will find a special section with exclusive recipes and tips.



My first encounter with this wonderful machine happened last hot summer. My nephew Ethan asked for ice cream, and instead of store-bought, we made a banana-cocoa treat in ten minutes – he called it "chocolate cloud." His shining eyes and enthusiastic "It's magic!" were the best review!

To easily bring this magic into your kitchen, let's get acquainted with a few simple rules for our "happiness machine":



- All recipes are perfectly suited for the basic version.
- Deluxe owners – multiply the ingredients by 1.5. For half portions in the Deluxe – fill the container halfway.
- Never overfill the container – leave some space at the top.

Now, about ensuring your "happiness machine" has a long life. Caring for your CREAMi is as easy as pie!

- Rinse the parts immediately with warm water (with a soft sponge!).
- Pay special attention to the rubber seal on the lid (a toothpick will help with pieces of nuts).
- Once a month, treat it to a "spa day" – soak the parts in soapy water for 15 minutes.
- Important tip: always wash immediately after making fruit sorbets – dried mango turns into stone!



And remember the nuances of freezing for perfect desserts:

- For the best texture, a minimum of 24 hours is needed (except for the Smoothie Bowl).
- If frozen for 48 hours or longer: add 1 tbsp of milk/water before processing (or 0.5 tbsp of liqueur for “adult” versions).
- More than 72 hours? Let the container sit at room temperature for 10–15 minutes, add 2 tbsp of warm milk/cream, and use the “Re-spin” function or process in two stages.
- My little life hack: label the containers – it helps a lot!

And now that your preparations are perfectly frozen, it's time to learn how the Ninja CREAMi turns them into delightful desserts.

Ninja CREAMi Programs: Your Path to Perfect Dessert

Both the Ninja CREAMi 7-in-1 and XL Deluxe 11-in-1 offer these 7 fantastic programs for your frozen creations:

- **Ice Cream:** Transform your kitchen into an ice cream paradise! From classic to exotic, homemade sundaes to “nice cream” from frozen bananas – pure magic!
- **Gelato:** Enjoy the delicate taste of Italian summer with creamy homemade gelato. Each flavor is a journey to Italy! 🇮🇹
- **Sorbet:** Create the softest, most refreshing sorbets from any fruit, even canned!
- **Milkshake:** Prepare delightful milkshakes or quickly mix store-bought ice cream with milk for instant enjoyment!
- **Smoothie Bowl:** A morning miracle for thick, spoonable breakfast bowls! Note: thrives on 12-hour freezing (not 24!) due to gentler processing. Over-frozen blends can strain the motor – trust me!
- **Light Ice Cream:** Create diet-friendly, low-sugar, and low-fat masterpieces perfect for keto and paleo!
- **Mix-Ins:** Add chocolate chips, nuts, berries, etc., after processing for even distribution in your dessert.



Exclusive Programs for Ninja CREAMi XL Deluxe 11-in-1

Unlock even more frozen delights with these four programs, exclusive to your Ninja CREAMi XL Deluxe:

- **Slush:** Create perfectly textured, customizable slushes from your favorite drinks or fruit purees. Perfect for a hot day!
- **Italian Ice:** Enjoy light and intensely flavored Italian Ice with a delicate, crystalized texture. A refreshing treat! 🇮🇹
- **Frozen Drink:** Transform juices, coffee, cocktails, and more into delicious, icy concoctions.
- **Creamiccino:** Indulge in a rich and creamy frozen coffee treat – the perfect pick-me-up for coffee lovers!



To ensure perfect desserts, consider nuances of texture and consistency.

Tips for Ideal Texture and Consistency

- For a softer texture – add a little more liquid.
- If too dense – add milk or water and re-mix.
- To add texture – use Mix-Ins (nuts, berries, chocolate).

Special note for Smoothie Bowls:

- Freeze for 10–14 hours max (overnight is perfect).
- Too thick? Add a splash of plant-based milk before “Re-spin”.
- Best ingredients: frozen fruits, nut butters, or coconut yogurt.

Ninja CREAMi Hacks

To make using your Ninja CREAMi smooth and enjoyable, here are some extra tips:

- Freeze ingredients in the container for 24 hours for perfect consistency (12 for Smoothie Bowl!).
- Use ripe fruits for richer flavor.
- Add a pinch of salt to enhance sweetness.
- For more delicate ice cream, add a little cream cheese.
- For a creamier taste, add a little cream.



How I Saved My Ice Cream

I made chocolate ice cream with dates and cocoa – looked perfect before freezing! But two days later, it was rock solid. “Re-spin” didn’t work.

What Saved the Day?

Plain old warm milk! Yep, it’s that simple.

What to Do If Your Ice Cream Turns into a Brick:

1. Warm a little milk (dairy, plant-based, or cream) to about 85–105°F / 30–40°C.
2. Drizzle 1–2 tablespoons over the frozen mass (use two if your mix is dry, like with cocoa or nuts).
3. Let it sit at room temperature for 2–3 minutes to soften the top.
4. Hit “Re-spin”! Repeat if needed.

How to Avoid “Concrete” Ice Cream Next Time:

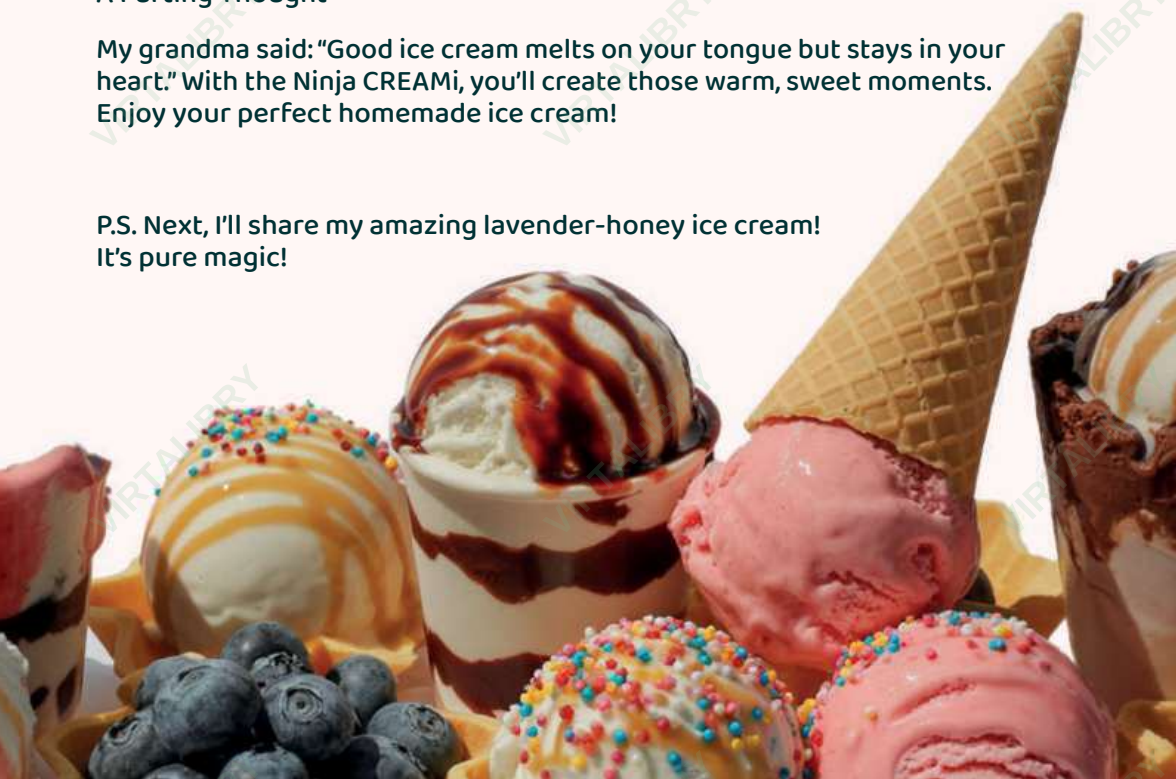
- Add a bit more liquid if your recipe has dry ingredients.
- After long freezes (72+ hours), even perfect ice cream can get stubborn – use the “milk trick.”
- Warm milk gently softens without melting.

The Takeaway: Don’t stress over kitchen fails! Sometimes, ice cream needs a little warmth and patience.

A Parting Thought

My grandma said: “Good ice cream melts on your tongue but stays in your heart.” With the Ninja CREAMi, you’ll create those warm, sweet moments. Enjoy your perfect homemade ice cream!

P.S. Next, I’ll share my amazing lavender-honey ice cream! It’s pure magic!



Vanilla Ice Cream with Cinnamon & Nutmeg



Tips:

For deeper flavor, use brown sugar or add a pinch of salt to balance sweetness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~215 kcal | Protein: ~2.9 g | Fat: ~15.4 g | Carbs: ~16.8 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) whole milk
- $\frac{2}{3}$ cup (150 ml) heavy cream (35% fat)
- $\frac{1}{4}$ cup (60 g) sugar
- 1 tsp (5 ml) vanilla extract
- $\frac{1}{2}$ tsp (1 g) ground cinnamon
- $\frac{1}{4}$ tsp (0.5 g) ground nutmeg
- 1 tbsp (10 g) dry milk powder (for texture)

Instructions:

- 1 In a small bowl, whisk milk, cream, and sugar until sugar dissolves.
- 2 Add vanilla, cinnamon, nutmeg, and milk powder. Mix until smooth.
- 3 Pour into the Ninja CREAMi jar. Secure lid and freeze for 24 hours (place jar upright).
- 4 Run the "Ice Cream" program.
- 5 If too dense, add 1–2 tbsp (15–30 ml) milk and use "Re-spin" for creamier texture.
- 6 Serve immediately. Garnish with extra cinnamon or grated nutmeg.



Chocolate Ice Cream with Orange Zest

Tips:

For a more vibrant flavor, use freshly grated zest.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~225 kcal | Protein: ~3.3 g | Fat: ~16 g | Carbs: ~17.5 g

Ingredients:

- ¾ cup (180 ml) whole milk
- ⅔ cup (150 ml) heavy cream (35% fat)
- 3 tbsp (40 g) sugar
- 3 tbsp (20 g) Dutch-process cocoa powder
- 1 tsp (5 ml) vanilla extract
- 1 tbsp orange zest
- 1 tbsp (10 g) dry milk powder
- ½ tsp xanthan gum
- 1 pinch of salt

Instructions:

- 1 In a small bowl, mix 2 tbsp warm milk with cocoa powder to form a smooth paste.
- 2 In a separate bowl, whisk remaining milk, cream and sugar until sugar dissolves.
- 3 Add cocoa paste, then slowly sprinkle in xanthan gum while continuously stirring.
- 4 Add vanilla, orange zest, dry milk powder and salt. Mix thoroughly.
- 5 Strain mixture through a fine sieve to remove large zest particles.
- 6 Pour into Ninja CREAMi Pint jar, secure lid and freeze for 24 hours.
- 7 Process in Ninja CREAMi using "Gelato" program.
- 8 If needed, add 1 tbsp milk and use "Re-spin" function.



Strawberry Basil Mint Ice Cream



Tips:

For richer color, add ½ tsp freeze-dried strawberry powder.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: 180 kcal | Protein: 2.6 g | Fat: 12.8 g | Carbs: 14 g

Ingredients:

- ¾ cup (180 ml) whole milk
- ⅔ cup (150 ml) 35% heavy cream
- ¼ cup (60 g) sugar
- 1.5 cups (200 g) frozen strawberries
- ½ tsp (2.5 ml) lemon juice
- 1 tbsp basil/mint extract (or 10 infused leaves)
- 1 tbsp (10 g) dry milk powder
- ½ tsp xanthan gum

Instructions:

- 1 Blend milk, cream and sugar until dissolved. Whisk in xanthan gum.
- 2 Add strawberries (thawed/puréed if fresh), lemon juice, extract and milk powder. Mix well.
- 3 Strain through fine mesh sieve into pint jar.
- 4 Freeze horizontally for 24h.
- 5 Process with “Ice Cream” program.
- 6 If needed, add 1 tbsp milk and use “Re-spin” function.



Pistachio Ice Cream with Almond Extract



Tips:

If you prefer a less intense almond flavor, start with ½ tsp (2,5 ml) of the extract and adjust to taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 min active + 6h soaking + 24h freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~235 kcal | Protein: ~4.5 g | Fat: ~17.8 g | Carbs: ~13.5 g

Ingredients:

- ¾ cup (180 ml) whole milk
- ⅔ cup (150 ml) 35% heavy cream
- ¼ cup (60 g) sugar
- ½ cup (60 g) unsalted pistachios (shelled)
- 1 tsp (5 ml) almond extract
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry milk powder
- 1 pinch of salt
- 1 tsp pistachio oil (optional)

Instructions:

- 1 Soak nuts in milk for 6 hours (or overnight). Drain the soaked nuts well. Dry-toast in a pan over medium heat for 5 minutes, stirring frequently, until fragrant. Warm remaining milk, cream and sugar to 140°F (60°C). Do not boil.
- 2 Add pistachio paste, extracts (almond added off-heat!), milk powder, salt and oil.
- 3 Strain through fine-mesh sieve (≤1mm holes).
- 4 Pour into the Ninja CREAMi Pint, leaving 1" (2.5 cm) headspace. Freeze 24h.
- 5 Process with "Gelato" program.
- 6 If needed add 1 tbsp vodka and "Re-spin" for creaminess



Yogurt Sorbet with Mango and Honey



Tips:

For a creamier texture add 1 tsp (2,5 ml) coconut oil.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~140 kcal | Protein: ~3.2 g | Fat: ~4.1 g | Carbs: ~21.5 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) Greek yogurt (plain)
- $\frac{2}{3}$ cup (150 ml) whole milk
- 2 tbsp (30 ml) honey
- 1 cup (150 g) fresh mango (peeled and diced)
- 1 tsp (5 ml) lemon juice
- 1 tbsp (10 g) dry milk powder
- $\frac{1}{2}$ tsp xanthan gum

Instructions:

- 1 Blend mango into smooth purée.
- 2 In a separate bowl, whisk yogurt, milk and honey until smooth.
- 3 Add mango purée, lemon juice, dry milk powder and xanthan gum. Mix thoroughly.
- 4 Strain mixture through a fine-mesh sieve to remove mango fibers.
- 5 Pour into Ninja CREAMi Pint jar, secure lid and freeze for 24 hours.
- 6 Process in Ninja CREAMi using "Sorbet" program.
- 7 If needed, add 1-2 tbsp milk and use "Re-spin" function.



Premium Vanilla Ice Cream with Chocolate Chips & Caramel



Tips:

Use 70%+ cocoa chocolate for intense flavor. For crunch add caramelized nuts during "Mix-In".



Volume:

473 ml (Ninja CREAMi Pint)



Program: **Extra:** "Mix-In" Function
Ice Cream for chocolate chips



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~240 kcal | Protein: ~3.5 g | Fat: ~17.1 g | Carbs: ~19.2 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) whole milk
- $\frac{2}{3}$ cup (150 ml) heavy cream (35% fat)
- $\frac{1}{4}$ cup (60 g) sugar
- 2 tbsp (30 ml) caramel sauce
- $\frac{1}{4}$ cup (40 g) dark chocolate (70% cocoa)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry milk powder
- 1 pinch of salt

Instructions:

- 1 Whisk milk, cream and sugar until sugar completely dissolves.
- 2 Blend in caramel sauce, vanilla extract, dry milk powder and salt.
- 3 Pour into Ninja CREAMi Pint jar. Freeze for 24 hours.
- 4 Just before processing, finely chop a maximum of about $1\frac{3}{4}$ ounces (50g) of chocolate chips per batch, ensuring they are chilled in the refrigerator (around 40-43°F or 4-6°C) for about 15 minutes but not frozen.
- 5 Process using "Ice Cream" program.
- 6 Add chilled chocolate chips through "Mix-In" opening.
- 7 Run "Mix-In" cycle (15 seconds).



Forest Honey & Walnut Ice Cream



Tips:

For enhanced flavor toast walnuts in dry pan for 5 min until golden and add pinch of cinnamon to mixture.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream

Extra: "Mix-In"

Function for nuts



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~195 kcal | Protein: ~3.4 g | Fat: ~12.1 g | Carbs: ~14.7 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) whole milk
- $\frac{2}{3}$ cup (150 ml) light cream (20% fat)
- $\frac{1}{4}$ cup (60 g) honey
- $\frac{1}{4}$ cup (40 g) walnuts (shelled)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry milk powder
- 1 pinch of salt

Instructions:

- 1 In a bowl, whisk milk, cream and honey until honey fully dissolves.
- 2 Rinse walnuts and pat dry. Chop into 5-7mm pieces.
- 3 Add vanilla extract, dry milk powder and salt to the mixture. Blend well.
- 4 Pour into Ninja CREAMi Pint jar. Freeze for 24 hours.
- 5 Process using "Lite Ice Cream" program.
- 6 Add walnuts through "Mix-In" opening. Run "Mix-In" cycle (15 sec).
- 7 Serve drizzled with extra honey if desired.

Vanilla Ice Cream with Almond Crunch & Cherry Syrup



Tips:

For more intense cherry flavor add an extra 1 tbsp (15 ml) cherry syrup during mixing; You can also use frozen cherries (thaw them first and pat dry).



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream

Extra: "Mix-In" for almond crumble



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~230 kcal | Protein: ~3.4 g | Fat: ~16.8 g | Carbs: ~15.9 g

Ingredients:

- ¾ cup (180 ml) whole milk
- ⅔ cup (150 ml) heavy cream (35% fat)
- ¼ cup (60 g) sugar
- 1 tsp (5 ml) vanilla extract
- ¼ cup (40 g) raw almond flakes
- 2 tbsp (30 ml) cherry syrup + extra for garnish
- 1 tbsp (10 g) dry milk powder
- 1 pinch of salt

Instructions:

- 1 Prepare the almonds by rinsing the flakes under cold water, patting them thoroughly dry with paper towels, toasting them in a dry skillet over medium heat for 3-4 minutes until golden, and then cooling them completely before using.
- 2 In mixing bowl, whisk milk, cream and sugar until sugar dissolves (2-3 mins).
- 3 Add vanilla extract, dry milk powder and salt. Mix until fully incorporated.
- 4 Pour mixture into pint jar. Freeze upright for 24 hours.
- 5 Process using "Ice Cream" program.
- 6 Add cooled toasted almonds through "Mix-In" opening. Run "Mix-In" cycle (15 seconds).
- 7 Serve in chilled glasses, layered with cherry syrup.



Salted Caramel Gelato



Tips:

For richer caramel flavor add an extra 1 tbsp (15 ml) caramel sauce before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal | Protein: ~2.8 g | Fat: ~16.4 g | Carbs: ~16.5 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) whole milk
- $\frac{2}{3}$ cup (150 ml) heavy cream (35% fat)
- $\frac{1}{4}$ cup (60 g) sugar
- 2 tbsp (30 ml) caramel sauce + extra for topping
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry milk powder
- 1 pinch flaky sea salt

Instructions:

- 1 In mixing bowl, whisk milk, cream and sugar until sugar dissolves (2-3 mins).
- 2 Warm caramel sauce slightly (10 sec in microwave) for easier mixing.
- 3 Slowly drizzle caramel into mixture while whisking continuously.
- 4 Add vanilla extract, dry milk powder and sea salt. Mix thoroughly.
- 5 Pour into pint jar, leaving 1 cm headspace. Freeze upright 24h.
- 6 Process using "Gelato" program.
- 7 If the texture is too dense:
- 8 Add 1-2 tbsp cold milk
- 9 Use "Re-spin" function
- 10 Serve with extra caramel drizzle and/or fresh salt flakes



Yogurt Milkshake with Raspberries & Pistachios



Tips:

For best texture keep pistachios refrigerated before chopping.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~140 kcal | Protein: ~4.1 g | Fat: ~5.8 g | Carbs: ~15.4 g

Ingredients:

- $\frac{3}{4}$ cup (180 ml) Greek yogurt (plain)
- $\frac{1}{2}$ cup (120 ml) whole milk
- 1 cup (150 g) fresh raspberries
- $\frac{1}{4}$ cup (40 g) unsalted pistachios
- 2 tbsp (30 ml) honey or maple syrup
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Instructions:

- 1 Rinse raspberries and pistachios. Pat dry thoroughly.
- 2 Chop pistachios into 3-5mm pieces.
- 3 In blender, mix yogurt, milk, honey and vanilla until smooth.
- 4 Pulse in raspberries 2-3 times (leave some texture).
- 5 Pour into pint jar. Freeze for 24 hours.
- 6 Process using "Milkshake" program.
- 7 Adjust consistency by adding 1-2 tbsp milk if too thick, and use "Re-spin" if needed.
- 8 Serve garnished with pistachios and raspberries.



Coconut Ice Cream with Pineapple and Lime (Vegan)

Tips:

For a more pronounced flavor, you can add a little lime zest to the mixture. You can also use fresh pineapple if you want a more intense fruity taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120 kcal | Protein: ~1.1 g | Fat: ~8.3 g | Carbohydrates: ~13.5 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk (no additives)
- 1 cup (150 g) frozen pineapple (chopped)
- ¼ cup (60 ml) lime juice (freshly squeezed)
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry coconut milk (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine coconut milk, frozen pineapple, lime juice, and maple syrup. Blend until smooth.
- 2 Add vanilla extract, dry coconut milk, and a pinch of salt. Mix until well combined.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with pineapple wedges and mint for freshness.



Almond Ice Cream with Honey and Cinnamon



Tips:

If you want a richer cinnamon flavor, add another $\frac{1}{2}$ tsp (2.5 g) of ground cinnamon. You can also use honey infused with spices or nuts for interesting flavor variations.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~175 kcal | Protein: ~2.7 g | Fat: ~13.4 g | Carbohydrates: ~13.2 g

Ingredients:

- 1 cup (240 ml) almond milk (lactose-free)
- $\frac{3}{4}$ cup (180 ml) heavy cream (lactose-free, 35% fat)
- 2 tbsp (30 ml) honey
- 1 tsp (5 ml) vanilla extract
- 1 tsp (1 g) ground cinnamon
- 1 tbsp (10 g) dry milk powder (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a small bowl, combine almond milk, heavy cream, and honey. Stir until the honey is completely dissolved.
- 2 Add vanilla extract, ground cinnamon, dry milk powder, and a pinch of salt. Mix well until smooth.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Gelato" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of almond milk and run the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with cinnamon or grated almonds for a more pronounced flavor.



Oat Milkshake with Berries and Banana (Vegan)



Tips:

If you want to make the milkshake richer, add a little peanut butter or flax seeds for extra healthy fats. You can also use different types of berries for a variety of flavors.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~2.1 g | Fat: ~2.4 g | Carbohydrates: ~20.3 g

Ingredients:

- 1 cup (240 ml) oat milk (vegan)
- 1 medium (120 g) banana (washed and sliced)
- 1 cup (150 g) fresh berries (e.g., strawberries, raspberries, blueberries – washed and dried)
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) rolled oats (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine oat milk, banana, berries, maple syrup, and vanilla extract. Blend until smooth.
- 2 Add rolled oats and a pinch of salt, blend again until the desired consistency is reached.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 5 If the milkshake is too thick, add 1–2 tbsp (15–30 ml) of oat milk and run the “Re-spin” function again for a thinner texture.
- 6 Pour the milkshake into a glass or goblet. Garnish with a few berries or a banana slice for freshness and beauty.



Pistachio Ice Cream with Coconut Milk and Vanilla Extract (Vegan)



Tips:

For a richer pistachio flavor, you can toast the pistachios in a skillet until lightly golden before blending. You can also add a little lemon zest for a refreshing aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal | Protein: ~3.4 g | Fat: ~18.3 g | Carbohydrates: ~10.2 g

Ingredients:

- 1 cup (240 ml) coconut milk (vegan)
- ½ cup (70 g) pistachios (unsalted, shelled, and washed)
- ¼ cup (60 ml) maple syrup (or other sweetener)¹
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry coconut milk (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine coconut milk, maple syrup, vanilla extract, and salt. Blend until smooth.
- 2 Add pistachios and blend until creamy, leaving small pieces of nuts for texture.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of coconut milk and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with chopped pistachios or mint leaves for an elegant presentation.



Raspberry and Basil Sorbet (Vegan)



Tips:

For a more intense basil flavor, add a little lemon or lime zest to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~85 kcal | Protein: ~1.0 g | Fat: ~0.4 g | Carbohydrates: ~21.2 g

Ingredients:

- 1 cup (150 g) raspberries (washed and dried)
- ½ cup (80 ml) water
- 2 tbsp (30 ml) agave syrup (or other sweetener)
- 5–6 fresh basil leaves (washed and chopped)
- 1 tsp (5 ml) lemon juice

Instructions:

- 1 Wash the raspberries and basil under cold water.
- 2 In a blender, combine raspberries, water, agave syrup, and lemon juice. Blend until smooth.
- 3 Add the chopped basil leaves and gently stir manually once more.
- 4 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 5 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 6 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and run the "Re-spin" function again for a softer texture.
- 7 Transfer the sorbet to a bowl or dessert glass. Garnish with basil leaves and a few berries for a beautiful presentation.



Coconut Ice Cream with Lime and Mango (Vegan)



Tips:

For an even brighter flavor, you can add a little lime zest to the mixture before freezing. You can also use frozen mango to speed up the freezing process.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~190 kcal | Protein: ~1.5 g | Fat: ~15.0 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) coconut milk (vegan)
- 1 cup (150 g) mango (washed, peeled, and chopped)
- 2 tbsp (30 ml) lime juice (freshly squeezed)
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry coconut milk (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine coconut milk, mango, lime juice, and maple syrup. Blend until smooth.
- 2 Add vanilla extract, dry coconut milk, and a pinch of salt. Mix well until smooth.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Gelato" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of coconut milk and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with mango slices and shredded coconut for a beautiful presentation.



Strawberry Ice Cream with Almond Milk and Strawberry Pieces (Vegan)



Tips:

For a more intense strawberry flavor, you can use frozen strawberries or add a little lemon juice to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~145 kcal | Protein: ~1.5 g | Fat: ~6.5 g | Carbohydrates: ~19.2 g

Ingredients:

- 1 cup (240 ml) almond milk (vegan)
- 1 cup (150 g) fresh strawberries (washed, hulled, and chopped)
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) dry coconut milk (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine almond milk, strawberries, and maple syrup. Blend until smooth.
- 2 Add vanilla extract, dry coconut milk, and a pinch of salt. Mix well.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 After the program is complete, add the chopped strawberries and run the "Mix-In" function to evenly distribute the strawberries in the ice cream.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with a few strawberry halves for a beautiful presentation.



Watermelon and Basil Sorbet (Vegan)

Tips:

For a more intense watermelon flavor, use a ripe watermelon and add a little lemon zest to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~60 kcal | Protein: ~0.5 g | Fat: ~0.1 g | Carbohydrates: ~15.2 g

Ingredients:

- 1 cup (150 g) watermelon (rind removed and cubed)
- $\frac{1}{3}$ cup (80 ml) water
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 5–6 fresh basil leaves (washed and chopped)
- 1 tsp (5 ml) lemon juice

Instructions:

- 1 Wash the watermelon and basil under cold water. Cut the watermelon into cubes, removing the rind.
- 2 In a blender, combine watermelon, water, maple syrup, and lemon juice. Blend until smooth.
- 3 Add the chopped basil leaves and gently stir manually.
- 4 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 5 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 6 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and run the "Re-spin" function again for a softer texture.
- 7 Transfer the sorbet to a bowl or dessert glass. Garnish with basil leaves or watermelon pieces for a beautiful presentation.



Oat Milkshake with Banana and Peanut Butter (Vegan)



Tips:

For a more pronounced flavor, you can add a little cinnamon or cocoa. You can also substitute maple syrup with date paste for a more natural sweetness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180 kcal | Protein: ~3.2 g | Fat: ~12.1 g | Carbohydrates: ~14.5 g

Ingredients:

- 1 cup (240 ml) oat milk (vegan)
- 1 medium (120 g) banana (washed and peeled)
- 2 tbsp (30 g) peanut butter (smooth)
- 1 tbsp (15 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 Wash the banana under cold water, peel, and slice.
- 2 In a blender, combine oat milk, banana, peanut butter, maple syrup, vanilla extract, and salt. Blend until smooth.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Milkshake" program. Start the process and wait for the program to finish.
- 5 If the milkshake is too thick, add 1–2 tbsp (15–30 ml) of oat milk and run the "Re-spin" function again for a thinner texture.
- 6 Pour the milkshake into a glass or goblet. Garnish with a banana slice or a pinch of crushed peanuts for a beautiful presentation.



Blueberry Ice Cream with Coconut Flakes (Vegan)



Tips:

For a more intense flavor, you can use frozen blueberries and add a little lemon zest to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~165 kcal | Protein: ~2.0 g | Fat: ~12.4 g | Carbohydrates: ~14.1 g

Ingredients:

- 1 cup (150 g) blueberries (washed and dried)
- $\frac{3}{4}$ cup (180 ml) coconut milk (vegan)
- 2 tbsp (30 ml) maple syrup (or other sweetener)
- 1 tsp (5 ml) vanilla extract
- 2 tbsp (20 g) unsweetened coconut flakes
- 1 tbsp (10 g) dry coconut milk (for texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine blueberries, coconut milk, and maple syrup. Blend until smooth.
- 2 Add vanilla extract, dry coconut milk, and a pinch of salt. Mix well until smooth.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Gelato" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of coconut milk and run the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Sprinkle with coconut flakes for an elegant presentation.



Light Vanilla Ice Cream with Almonds and Honey



Tips:

If you want to reduce the calorie content, you can reduce the amount of honey or replace it with a lower-calorie sweetener such as stevia. You can also use almonds with a lower fat content to reduce calories further.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~3.0 g | Fat: ~6.0 g | Carbohydrates: ~11.5 g

Ingredients:

- 1 cup (240 ml) skim milk
- ½ cup (120 ml) low-fat cream (Fat-free or plant-based for fewer calories)
- 1 tbsp (15 ml) honey (optional, can reduce amount to lower calories)
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (10 g) almonds (finely chopped)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a bowl, combine milk, cream, honey, and vanilla extract. Stir well until the honey is completely dissolved.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 After the program is complete, add the chopped almonds and use the "Mix-In" function to distribute the almonds evenly.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with a few nuts for a beautiful presentation.



Light Yogurt Smoothie with Strawberry and Basil



Tips:

For an even lighter version, use stevia or another low-calorie sweetener instead of honey. You can also use frozen strawberries to improve the smoothie's texture and make it more intense.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~4.2 g | Fat: ~2.5 g | Carbohydrates: ~15.0 g

Ingredients:

- 1 cup (240 ml) non-fat yogurt (fat-free to reduce calories)
- 1 cup (150 g) strawberries (washed and sliced)
- 1 tbsp (15 ml) honey (or sweetener to taste, to reduce calorie content)
- ½ tsp (2.5 ml) vanilla extract
- 5–6 fresh basil leaves (washed and chopped)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine yogurt, strawberries, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Add the chopped basil and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Milkshake" program. Start the process and wait for the program to finish.
- 5 If the smoothie is too thick, add 1–2 tbsp (15–30 ml) of water or yogurt and run the "Re-spin" function again for a thinner texture.
- 6 Pour the smoothie into a glass or goblet. Garnish with a few basil leaves or strawberry halves for a beautiful presentation.



Light Chocolate Cream with Mint Extract



Tips:

For a more intense mint chocolate flavor, consider adding a few drops of peppermint essential oil (food-grade only!) along with the mint extract. Start with a very small amount and taste, as it can be quite potent. You can also use dark chocolate chips for a richer chocolate flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~3.5 g | Fat: ~7.2 g | Carbohydrates: ~12.0 g

Ingredients:

- 1 cup (240 ml) skim milk
- ½ cup (120 ml) fat-free cream (or low-fat plant-based cream)
- 2 tbsp (30 g) unsweetened cocoa powder
- 1 tbsp (15 ml) maple syrup (or other sweetener to taste)
- 1 tsp (5 ml) mint extract
- 1 pinch (a pinch) of salt
- 2 tbsp (20 g) chocolate chips (optional, for added texture)

Instructions:

- 1 In a bowl, combine milk, cream, cocoa powder, maple syrup, and mint extract. Stir well until smooth.
- 2 Add a pinch of salt and stir again.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of milk and use the "Re-spin" function again for a softer texture.
- 6 If desired, add chocolate chips and use the "Mix-In" function to distribute them evenly.
- 7 Transfer the ice cream to a bowl or dessert glass. Garnish with mint for a beautiful presentation.



Orange and Lime Sorbet with Honey



Tips:

For a fresher taste, you can add a little lemon or lime zest to the mixture before freezing. If you want to reduce the calorie content, use less honey or replace it with stevia.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~95 kcal | Protein: ~0.7 g | Fat: ~0.2 g | Carbohydrates: ~24.0 g

Ingredients:

- 1 cup (240 ml) orange juice (freshly squeezed)
- 1 tbsp (15 ml) lime juice (freshly squeezed)
- 2 tbsp (30 ml) honey (or sweetener to taste, to reduce calorie content)
- 1 cup (150 g) ice or frozen orange juice
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine orange juice, lime juice, honey, and a pinch of salt. Blend until smooth.
- 2 Add ice or frozen orange juice and blend again until a smooth texture is achieved.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with orange or lime slices for a beautiful presentation.



Yogurt Sorbet with Blueberry and Honey



Tips:

For a brighter flavor, you can use frozen blueberries and add a few mint leaves when serving. If you want to reduce the calorie content, reduce the amount of honey or use a low-calorie sweetener.



Volume:
473 ml (Ninja CREAMi Pint)



Program:
Sorbet



Servings:
4 (approx. 3.5 oz./100g each)



Prep Time:
10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~3.5 g | Fat: ~2.0 g | Carbohydrates: ~19.0 g

Ingredients:

- 1 cup (240 ml) non-fat yogurt
- 1 cup (150 g) blueberries (washed and dried)
- 2 tbsp (30 ml) honey (or sweetener to taste)
- 1 tsp (5 ml) lemon juice (freshly squeezed)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine yogurt, blueberries, honey, and lemon juice. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with blueberries for a beautiful presentation.



Sugar-Free Lemon Ice Cream with Lime Zest



Tips:

If you want to enhance the lemon flavor, add a little lemon zest to the mixture before freezing. You can also use a zero-calorie sweetener to further reduce carbohydrates.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~3.0 g | Fat: ~6.0 g | Carbohydrates: ~8.2 g

Ingredients:

- 1 cup (240 ml) skim milk
- ½ cup (120 ml) fat-free cream (or low-fat plant-based cream)
- 2 tbsp (30 ml) lemon juice (freshly squeezed)
- 1 tsp (5 g) lime zest
- 2 tbsp (30 ml) stevia or other low-calorie sweetener
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a bowl, combine milk, cream, lemon juice, stevia, and lime zest. Stir well until the sweetener is dissolved.
- 2 Add a pinch of salt and mix until smooth.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Lite Ice Cream” program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of milk and use the “Re-spin” function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with lime slices or zest for a beautiful presentation.



Light Banana and Almond Milk Smoothie



Tips:

For an even lighter version, you can use stevia instead of honey to reduce the calorie content. You can also add a little cinnamon or cocoa for extra flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~1.3 g | Fat: ~3.0 g | Carbohydrates: ~18.5 g

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- ½ medium (60 g) banana (washed and peeled)
- 1 tbsp (15 ml) honey (or sweetener to taste)
- ½ tsp (2.5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine almond milk, banana, honey, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 5 If the smoothie is too thick, add 1–2 tbsp (15–30 ml) of almond milk and run the “Re-spin” function again for a thinner texture.
- 6 Pour the smoothie into a glass or goblet. Garnish with banana slices for a beautiful presentation.



Yogurt Ice Cream with Raspberry and Vanilla



Tips:

For a brighter flavor, you can use frozen raspberries and add a little lemon zest for freshness. You can also reduce the amount of honey or use stevia to lower the calorie content.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~4.5 g | Fat: ~2.5 g | Carbohydrates: ~17.0 g

Ingredients:

- 1 cup (240 ml) non-fat yogurt
- 1 cup (150 g) raspberries (washed and dried)
- 1 tbsp (15 ml) honey (or sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine yogurt, raspberries, honey, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of water or yogurt and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with fresh berries for a beautiful presentation.



Light Chocolate Frappe with Almond Slivers



Tips:

For a richer chocolate flavor, use cocoa with a higher cocoa content, or add a little cinnamon for an interesting twist.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~2.5 g | Fat: ~5.8 g | Carbohydrates: ~14.0 g

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 2 tbsp (30 g) unsweetened cocoa powder
- 1 tbsp (15 ml) honey or sweetener to taste
- ½ tsp (2.5 ml) vanilla extract
- 1 cup (150 g) ice
- 2 tbsp (20 g) almond slivers (optional, for added texture)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine almond milk, cocoa powder, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Add ice and continue blending until a frappe-like texture is achieved.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Milkshake" program. Start the process and wait for the program to finish.
- 5 After the program is complete, add the almond slivers and use the "Mix-In" function to distribute them evenly.
- 6 Transfer the frappe to a glass or goblet. Garnish with additional almond slivers or chocolate shavings for a beautiful presentation.



Grapefruit Sorbet with a Drop of Honey and Mint



Tips:

For an even fresher taste, you can add a little lemon zest or replace honey with stevia to reduce the calorie content.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~95 kcal | Protein: ~0.6 g | Fat: ~0.2 g | Carbohydrates: ~23.5 g

Ingredients:

- 1 cup (240 ml) freshly squeezed grapefruit juice
- 1 tbsp (15 ml) honey (or sweetener to taste)
- 1 tbsp (15 ml) water
- 5–6 fresh mint leaves (washed and chopped)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine freshly squeezed grapefruit juice, honey, and water. Blend until smooth.
- 2 Add the chopped mint leaves and stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Sorbet” program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the “Re-spin” function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with mint leaves or grapefruit wedges for a beautiful presentation.



Smoothie with Almond Milk and Berries



Tips:

For a more intense flavor, use frozen berries. You can also add a little lemon juice for a touch of freshness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~1.1 g | Fat: ~3.5 g | Carbohydrates: ~16.0 g

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 1 cup (150 g) mixed berries (raspberries, strawberries, blueberries, etc.) (washed and dried)
- 1 tbsp (15 ml) honey or sweetener to taste
- ½ tsp (2.5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine almond milk, berries, honey, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 5 If the smoothie is too thick, add 1–2 tbsp (15–30 ml) of almond milk and run the “Re-spin” function again for a thinner texture.
- 6 Pour the smoothie into a glass or goblet. Garnish with a few berries for a beautiful presentation.



Coconut Lime Ice Cream (Vegan)



Tips:

For a brighter flavor, you can add a little lemon zest or use less sweetener to reduce the calorie content. This ice cream is perfect for summer desserts!



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~1.0 g | Fat: ~6.5 g | Carbohydrates: ~8.2 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- 1 tbsp (15 ml) lime juice (freshly squeezed)
- 1 tbsp (15 ml) maple syrup (or sweetener to taste)
- 1 tsp (5 g) lime zest
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a bowl, combine coconut milk, lime juice, maple syrup, and lime zest. Stir well until smooth.
- 2 Add a pinch of salt and stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of coconut milk and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with lime zest for a beautiful presentation.



Watermelon and Strawberry Sorbet



Tips:

For a more intense watermelon flavor, use a ripe watermelon and add a little mint or basil when serving.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~95 kcal | Protein: ~1.0 g | Fat: ~0.2 g | Carbohydrates: ~24.0 g

Ingredients:

- 1 cup (150 g) watermelon (rind removed and chopped)
- 1 cup (150 g) strawberries (washed and hulled)
- 1 tbsp (15 ml) honey or sweetener to taste
- 1 tbsp (15 ml) lemon juice (freshly squeezed)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine watermelon, strawberries, honey, and lemon juice. Blend until smooth.
- 2 Add a pinch of salt and stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with a few strawberry halves or watermelon wedges for a beautiful presentation.



Coconut Sorbet with Passion Fruit and Black Currant (Vegan)



Tips:

For a more intense flavor, you can add a little shredded coconut or mint when serving. Passion fruit can be used as pulp or juice if fresh fruit is not available.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105 kcal | Protein: ~1.1 g | Fat: ~4.5 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (150 g) passion fruit pulp (or passion fruit juice)
- 1 cup (150 g) black currants (washed and hulled)
- 1 cup (240 ml) unsweetened coconut milk
- 1 tbsp (15 ml) maple syrup (or sweetener to taste)
- 1 tbsp (15 ml) lemon juice (freshly squeezed)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine passion fruit pulp, black currants, coconut milk, maple syrup, and lemon juice. Blend until smooth.
- 2 Add a pinch of salt and stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with a few black currants or passion fruit wedges for a beautiful presentation.



Pomegranate and Orange Sorbet



Tips:

For a more intense flavor, you can add a little orange or lime zest to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)

Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)

Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~95 kcal | Protein: ~0.6 g | Fat: ~0.1 g | Carbohydrates: ~24.0 g

Ingredients:

- 1 cup (240 ml) pomegranate juice (freshly squeezed or no additives)
- 1 cup (150 g) orange juice (freshly squeezed)
- 2 tbsp (30 ml) honey (or sweetener to taste)
- 1 tbsp (15 ml) lemon juice (freshly squeezed)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine pomegranate juice, orange juice, honey, and lemon juice. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water and use the "Re-spin" function again for a softer texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with orange slices or pomegranate seeds for a beautiful presentation.



Light Mint and Green Tea Sorbet (Vegan)



Tips:

For a more intense flavor, you can add a little lemon or lime zest to the mixture before freezing. You can also replace honey with stevia to reduce the calorie content.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~90 kcal | Protein: ~0.5 g | Fat: ~0.1 g | Carbohydrates: ~24.0 g

Ingredients:

- 1 cup (240 ml) green tea (cooled)
- 1 tbsp (15 ml) agave syrup or sweetener to taste
- 1 tbsp (15 ml) lemon juice
- 5–6 fresh mint leaves (washed and chopped)
- 1 pinch (a pinch) of salt

Instructions:

- 1 Brew the green tea and let it cool to room temperature.
- 2 In a blender, combine green tea, agave syrup, and lemon juice. Blend until smooth.
- 3 Add the chopped mint leaves and gently stir.
- 4 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 5 Install the pint in the Ninja Creami and select the “Sorbet” program. Start the process and wait for the program to finish.
- 6 If the sorbet is too firm, add 1–2 tbsp (15–30 ml) of water or tea and use the “Re-spin” function again for a softer texture.
- 7 Transfer the sorbet to a bowl or dessert glass. Garnish with mint or lemon slices for a beautiful presentation.



Oat Ice Cream with Cherry and Vanilla (Vegan)



Tips:

For a more intense flavor, use frozen cherries. You can also replace maple syrup with stevia or another low-calorie sweetener.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~2.0 g | Fat: ~3.5 g | Carbohydrates: ~17.0 g

Ingredients:

- 1 cup (240 ml) unsweetened oat milk
- ½ cup (80 g) cherries (washed and pitted)
- 2 tbsp (30 ml) maple syrup (or sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine oat milk, cherries, maple syrup, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of oat milk and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with cherries or a few mint leaves for a beautiful presentation.



Coconut Milk and Pineapple Smoothie (Vegan)



Tips:

For a more intense flavor, you can use frozen pineapple and add a little lime juice for freshness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~1.2 g | Fat: ~7.0 g | Carbohydrates: ~14.5 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- 1 cup (150 g) pineapple (washed and peeled)
- 1 tbsp (15 ml) honey (or sweetener to taste)
- ½ tsp (2.5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine coconut milk, pineapple, honey, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Milkshake" program. Start the process and wait for the program to finish.
- 5 If the smoothie is too thick, add 1–2 tbsp (15–30 ml) of coconut milk and run the "Re-spin" function again for a thinner texture.
- 6 Pour the smoothie into a glass or goblet. Garnish with a few pineapple pieces or mint leaves for a beautiful presentation.



Chocolate Ice Cream with Banana and Almond Milk (Vegan)



Tips:

For a more intense chocolate flavor, you can add a little cinnamon or a pinch of chili for a spicy kick.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~110 kcal | Protein: ~2.0 g | Fat: ~6.0 g | Carbohydrates: ~14.0 g

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 1 medium (120 g) banana (washed and peeled)
- 2 tbsp (30 g) unsweetened cocoa powder
- 1 tbsp (15 ml) maple syrup (or sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine almond milk, banana, cocoa powder, maple syrup, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Lite Ice Cream" program. Start the process and wait for the program to finish.
- 5 If the ice cream is too firm, add 1–2 tbsp (15–30 ml) of almond milk and use the "Re-spin" function again for a softer texture.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with a few banana slices or chocolate shavings for a beautiful presentation.



Raspberry and Hibiscus Sorbet (Vegan)



Tips:

For a more floral note, you can steep the hibiscus tea with a few fresh mint leaves while it cools. Adjust the amount of sweetener to your preference, keeping in mind that the frozen raspberries will also contribute some sweetness. For a smoother texture, ensure the raspberries are fully frozen before blending.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~45-55 kcal (depending on sweetener) | Protein: ~0.5 g | Fat: ~0.3 g | Carbohydrates: ~12-15 g (net carbs will be lower depending on sweetener)

Ingredients:

- 1 ½ cups (180 g) frozen raspberries
- ¾ cup (180 ml) strong hibiscus tea (cooled)
- 2 tbsp (30 ml) erythritol or other low-calorie sweetener to taste
- 1 tbsp (15 ml) lime juice (freshly squeezed)
- ½ tsp grated lime zest (optional)
- 1 pinch (a pinch) of salt

Instructions:

- 1 In a blender, combine the frozen raspberries, cooled hibiscus tea, erythritol, lime juice, and lime zest (if using). Blend until completely smooth. You may need to stop and scrape down the sides of the blender a few times.
- 2 Add a pinch of salt and stir well.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the "Sorbet" program. Start the process and wait for the program to finish.
- 5 If the sorbet is too firm, add 1-2 tbsp (15-30 ml) of cold water and use the "Re-spin" function again for a softer, scoopable texture.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with a few fresh raspberries or a sprig of mint for a refreshing presentation.



Yogurt Ice Cream with Mango and Passion Fruit



Tips:

To make the ice cream richer, you can use heavy cream and add more honey or another sweet syrup. For a beautiful presentation, you can additionally garnish the ice cream with fresh fruits or shredded coconut.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180-200 kcal | Protein: ~4.5 g | Fat: ~10.5 g | Carbohydrates: ~20.0 g

Ingredients:

- 1 cup (240 ml) Greek yogurt (or regular yogurt)
- ½ cup (120 ml) heavy cream
- 1 cup (150 g) mango (washed and chopped)
- ½ cup (120 g) passion fruit pulp
- 3 tbsp (45 ml) honey or sugar (to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt
- ½ cup (75 g) mango and passion fruit pieces — for “Mix-In”

Instructions:

- 1 In a blender, combine yogurt, heavy cream, mango, passion fruit pulp, honey, and vanilla extract. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 5 After the program is complete, use the “Mix-In” function to add mango and passion fruit pieces to add texture and enhance the flavor.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with additional mango and passion fruit pieces for a beautiful presentation.



Pistachio Ice Cream with Strawberry Pieces



Tips:

Toasted nuts add a pleasant crunch and extra healthy fats to the ice cream. You can add a little chocolate chips or even shredded coconut for variety.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~4.5 g | Fat: ~12.0 g | Carbohydrates: ~19.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- ½ cup (75 g) pistachios (finely chopped)
- 3 tbsp (45 ml) honey or sugar (to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt
- ½ cup (75 g) strawberries (washed and chopped into pieces) — for “Mix-In”
- 2 tbsp (20 g) toasted nuts (e.g., almonds or cashews) — for “Mix-In”

Instructions:

- 1 In a bowl, combine heavy cream, milk, pistachios, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the strawberries and toasted nuts (almonds, cashews, or others of your choice). This will give the ice cream texture and additional flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with strawberry pieces and nuts for a beautiful presentation.



Chocolate Ice Cream with Nuts and Pistachios



Tips:

To enhance the chocolate flavor, you can add a little coffee to the mixture before freezing. Nuts add a pleasant crunch and healthy fats to the ice cream, and toasted nuts provide an additional depth of flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~4.2 g | Fat: ~15.0 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- 3 tbsp (45 g) unsweetened cocoa powder
- 3 tbsp (45 ml) honey or sugar (to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt
- ½ cup (75 g) pistachios (finely chopped) — for “Mix-In”
- ¼ cup (35 g) toasted nuts (e.g., almonds or walnuts) — for “Mix-In”

Instructions:

- 1 In a bowl, combine heavy cream, milk, cocoa powder, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the pistachios and toasted nuts to give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts or chocolate shavings for a beautiful presentation.



Vanilla Ice Cream with White Chocolate Chunks and Raspberry



Tips:

For a richer flavor, you can use white chocolate with a higher cocoa butter content or add a little lemon zest for freshness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal | Protein: ~3.5 g | Fat: ~14.5 g | Carbohydrates: ~22.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- $\frac{1}{3}$ cup (50 g) sugar (to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch (a pinch) of salt
- $\frac{1}{2}$ cup (75 g) white chocolate (finely chopped) — for “Mix-In”
- $\frac{1}{2}$ cup (75 g) raspberries (washed and chopped) — for “Mix-In”

Instructions:

- 1 In a bowl, combine heavy cream, milk, sugar, vanilla extract, and a pinch of salt. Stir well until the sugar is completely dissolved.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add white chocolate chunks and raspberries. This will give the ice cream texture and make it more flavorful.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional white chocolate pieces or raspberries for a beautiful presentation.



Creamy Lavender Honey Ice Cream with Crunchy Cookies (Mix-In)



Tips:

For a more intense lavender aroma, you can lightly toast the dried lavender in a dry skillet before adding it to the milk mixture.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~230 kcal | Protein: ~3 g | Fat: ~16 g | Carbohydrates: ~18 g

Ingredients:

- 1 cup (240 ml) heavy cream (at least 30% fat)
- $\frac{3}{4}$ cup (180 ml) whole milk
- $\frac{1}{4}$ cup (50 g) sugar
- 1 tablespoon (15 ml) liquid floral honey (e.g., linden or acacia)
- 1 teaspoon (5 ml) vanilla extract
- $\frac{1}{2}$ teaspoon dried culinary lavender
- 1 pinch of salt
- $\frac{1}{2}$ cup (approximately 50 g) crunchy shortbread cookies (cut into small pieces) - for "Mix-In"

Instructions:

- 1 In a small saucepan, combine the heavy cream, whole milk, and sugar. Heat over medium heat, stirring constantly, until the sugar is completely dissolved. Do not bring to a boil.
- 2 Remove from the heat and add the floral honey, vanilla extract, dried lavender, and a pinch of salt. Stir well and let it steep at room temperature for about 30 minutes to allow the lavender to infuse its aroma.
- 3 Strain the mixture through a fine-mesh sieve to remove the lavender pieces.
- 4 Pour the strained mixture into the Ninja CREAMi pint. Close the lid and place it in the freezer for 24 hours.
- 5 Install the pint in the Ninja CREAMi and select the "Ice Cream" program. Start the process and wait for the program to finish.
- 6 After the program is complete, add the chopped shortbread cookies and use the "Mix-In" function to distribute the cookies evenly throughout the ice cream.
- 7 Transfer the ice cream to a bowl or dessert glass. If desired, garnish with additional cookie crumbs or a sprig of lavender (for decoration).



Yogurt Ice Cream with Honey and Hazelnut Pieces

Tips:

For an even richer flavor, you can add a little cinnamon or orange zest to the mixture before freezing. This ice cream is perfect for lovers of nutty desserts with a soft, creamy taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~200 kcal | Protein: ~4.5 g | Fat: ~15.0 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) Greek yogurt (or regular yogurt)
- ½ cup (120 ml) heavy cream
- 2 tbsp (30 ml) honey (or sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) hazelnuts (finely chopped) — for “Mix-In”
- 1 tbsp (10 g) toasted nuts (optional, for extra crunch)

Instructions:

- 1 In a bowl, combine yogurt, heavy cream, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the hazelnuts and toasted nuts to give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional hazelnut pieces for a beautiful presentation.



Vanilla Ice Cream with Chocolate Chunks and Glazed Almonds



Tips:

For an even richer flavor, you can use chocolate with a higher cocoa content. Also, the glazed almonds can be replaced with other nuts, such as pistachios or walnuts, to change the flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 (approx. 3.5 oz./100g each)



Prep Time:

15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~240 kcal (approximately) | Protein: ~3.0 g | Fat: ~18.0 g | Carbohydrates: ~20.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- $\frac{2}{3}$ cup (85 g) sugar
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- $\frac{1}{2}$ cup (75 g) chocolate chunks (milk or dark) — for “Mix-In”
- $\frac{1}{4}$ cup (30 g) almonds (for glazing)
- 2 tbsp (30 g) powdered sugar — for glazing almonds
- 1 tbsp (15 ml) water — for glazing almonds

Instructions:

- 1 In a bowl, combine heavy cream, milk, sugar, vanilla extract, and a pinch of salt. Stir well until the sugar is completely dissolved.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place in the freezer for 24 hours.
- 3 While the ice cream is freezing, prepare the glazed almonds: in a small skillet, melt the powdered sugar with water over medium heat, add the almonds, and continue stirring until the sugar caramelizes and coats the nuts. Remove from heat and let cool.
- 4 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 5 After the program is complete, use the “Mix-In” function to add chocolate chunks and glazed almonds. This will give the ice cream texture and a sweet nutty flavor.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with additional chocolate chunks and glazed almonds for a beautiful presentation.



Peanut Butter Milkshake with Chocolate Chunks



Tips:

For an even richer flavor, you can use high-cocoa chocolate or add a little sea salt to enhance the peanut butter taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of 100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180 kcal | Protein: ~3.2 g | Fat: ~12.5 g | Carbohydrates: ~15.0 g

Ingredients:

- 1 cup (240 ml) milk
- ½ cup (120 ml) heavy cream
- 2 tbsp (30 g) peanut butter
- 2 tbsp (30 ml) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 2 tbsp (20 g) chocolate chips (or chocolate chunks) for “Mix-In”
- 1 pinch of salt

Instructions:

- 1 In a blender, combine milk, heavy cream, peanut butter, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add chocolate chips or chunks to add texture and extra flavor.
- 5 Pour the milkshake into a glass or goblet. Garnish with additional chocolate pieces or peanut butter for a beautiful presentation.



Vanilla Ice Cream with Caramelized Nuts

Tips:

For an even richer flavor, you can add a little cinnamon or vanilla bean paste to the mixture before freezing. This ice cream is perfect for lovers of sweet and textured desserts!



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~250 kcal | Protein: ~3.0 g | Fat: ~18.0 g | Carbohydrates: ~21.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- $\frac{3}{4}$ cup (100 g) sugar
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- $\frac{1}{2}$ cup (75 g) nuts (e.g., walnuts or hazelnuts) — for “Mix-In”
- 2 tbsp (30 g) brown sugar — for caramelizing nuts

Instructions:

- 1 In a bowl, combine heavy cream, milk, sugar, vanilla extract, and a pinch of salt. Stir well until the sugar is completely dissolved.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 While the ice cream is freezing, caramelize the nuts: in a small saucepan, melt the brown sugar over medium heat. When the sugar begins to melt, add the nuts and stir until the nuts are completely coated in caramel. Remove from heat and let cool.
- 5 After the program is complete, use the “Mix-In” function to add the caramelized nuts to the ice cream. This will give it a texture and a wonderful caramel flavor.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts for a beautiful presentation.



Chocolate Ice Cream with Chocolate Chips and Salted Caramel



Tips:

If you want to make the ice cream less sweet, reduce the amount of sugar in the caramel and use chocolate with a higher cocoa content. This ice cream is perfect for lovers of the sweet and salty flavor contrast!



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~240 kcal | Protein: ~4.0 g | Fat: ~17.0 g | Carbohydrates: ~20.0 g

Ingredients:

- 1 cup (240 ml) heavy cream
- 1 cup (240 ml) milk
- 3 tbsp (45 g) unsweetened cocoa powder
- 3 tbsp (45 g) sugar
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ¼ cup (30 g) chocolate chips (or grated chocolate) — for “Mix-In”
- 2 tbsp (30 ml) caramel sauce (homemade or store-bought)
- 1 tsp (5 g) sea salt — for “Mix-In”

Instructions:

- 1 In a bowl, combine heavy cream, milk, cocoa powder, sugar, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 While the ice cream is freezing, prepare the caramel sauce: in a small saucepan, melt the sugar over medium heat, add cream, and cook until a smooth caramel is formed. Remove from heat and add sea salt. Stir and let cool.
- 4 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 5 After the program is complete, use the “Mix-In” function to add the chocolate chips and salted caramel to add texture and flavor.
- 6 Transfer the ice cream to a bowl or dessert glass. Garnish with additional chocolate chips and caramel for a beautiful presentation.



Vegan Vanilla Ice Cream with Nuts and Chocolate Chips (Vegan)



Tips:

For an even richer flavor, you can add a little shredded coconut or even a pinch of cinnamon for an interesting aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal | Protein: ~2.5 g | Fat: ~18.0 g | Carbohydrates: ~17.5 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) nuts (e.g., walnuts or pistachios) — for “Mix-In”
- ¼ cup (30 g) chocolate chips (for “Mix-In”)

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add nuts and chocolate chips. This will give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts and chocolate chips for a beautiful presentation.



Coconut Ice Cream with Mango and Strawberry Pieces (Vegan)

Tips:

To enhance the flavor, you can add a little lemon juice or mint before freezing. This ice cream is perfect for a summer dessert!



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~200 kcal (approximately) | Protein: ~2.0 g | Fat: ~14.5 g | Carbohydrates: ~22.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) mango (washed and chopped into pieces) — for “Mix-In”
- ½ cup (75 g) strawberries (washed and chopped into pieces) — for “Mix-In”

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add mango and strawberry pieces. This will give the ice cream freshness and texture.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional berries and mango pieces for a beautiful presentation.



Almond Ice Cream with Pistachio and Chocolate Pieces (Vegan)



Tips:

For a richer flavor, use chocolate with a higher cocoa content, and for variety, you can add a little shredded coconut to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal (approximately) | Protein: ~3.0 g | Fat: ~15.0 g |

Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) pistachios (finely chopped) — for “Mix-In”
- ¼ cup (30 g) chocolate chips (or grated chocolate) — for “Mix-In”

Instructions:

- 1 In a bowl, combine almond milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add pistachios and chocolate chips. This will give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional pistachios or chocolate chips for a beautiful presentation.



Coconut and Lime Sorbet with Coconut Pieces (Vegan)



Tips:

This sorbet has a light and fresh taste thanks to the lime. You can use sweetened coconut flakes for more contrast or add a little mint for aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120 kcal | Protein: ~1.2 g | Fat: ~8.0 g | Carbohydrates: ~14.0 g

Ingredients:

- 2 cups (300 g) coconut pulp (or coconut puree)
- 1 cup (240 ml) coconut milk
- 1 tbsp (15 ml) lime juice (freshly squeezed)
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 g) lime zest
- 1 pinch of salt
- ½ cup (75 g) coconut pieces (dried or fresh) — for “Mix-In”

Instructions:

- 1 In a blender, combine coconut pulp (or puree), coconut milk, lime juice, agave syrup, and lime zest. Blend until smooth.
- 2 Add a pinch of salt and gently stir.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Sorbet” program. Start the process and wait for the program to finish.
- 5 After the program is complete, use the “Mix-In” function to add the coconut pieces to give the sorbet texture and a fresh taste.
- 6 Transfer the sorbet to a bowl or dessert glass. Garnish with additional coconut pieces and fresh mint leaves for a beautiful presentation.



Vegan Vanilla Ice Cream with Banana Pieces and Nuts (Vegan)



Tips:

For an even richer flavor, you can add a little cinnamon or shredded coconut. This dessert is perfect for lovers of sweet and textured ice cream.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~2.0 g | Fat: ~15.0 g | Carbohydrates: ~22.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 1 medium (100 g) banana (peeled and chopped) — for “Mix-In”
- ¼ cup (30 g) nuts (e.g., walnuts, almonds, or cashews) — for “Mix-In”

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the banana pieces and nuts to give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts and banana slices for a beautiful presentation.



Oat Ice Cream with Honey and Almond Crumble



Tips:

To add an interesting touch, you can add a little cinnamon or shredded coconut to the mixture before freezing. This ice cream is perfect for lovers of nuts and light sweetness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~3.5 g | Fat: ~14.5 g | Carbohydrates: ~20.0 g

Ingredients:

- 1 cup (240 ml) oat milk (lactose-free)
- ½ cup (120 ml) heavy cream (lactose-free)
- 2 tbsp (30 ml) honey (or sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ¼ cup (30 g) almond crumble — for “Mix-In”
- 1 tbsp (15 g) toasted nuts (e.g., almonds or cashews) — for “Mix-In”

Instructions:

- 1 In a bowl, combine oat milk, heavy cream, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the almond crumble and toasted nuts. This will give the ice cream texture and aroma.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts for a beautiful presentation.



Coconut Milk Yogurt Ice Cream with Granola (Vegan)



Tips:

For an even richer flavor, you can add a little cinnamon or shredded coconut before freezing. Granola adds a pleasant texture, and nuts add healthy fats.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~190 kcal | Protein: ~2.5 g | Fat: ~14.5 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) granola (vegan, without added sugar) — for “Mix-In”
- ¼ cup (30 g) nuts (of your choice: almonds, cashews, or walnuts) — for “Mix-In”

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the granola and nuts. This will give the ice cream a crunchy texture and additional flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional granola and nuts for a beautiful presentation.



Coconut Ice Cream with Kiwi and Mint (Vegan)



Tips:

This dessert is ideal for hot weather, thanks to the refreshing taste of mint and kiwi. You can add a little lemon juice for extra tartness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~170 kcal | Protein: ~1.5 g | Fat: ~12.0 g | Carbohydrates: ~18.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 2 medium (200 g) kiwis (peeled and chopped) — for “Mix-In”
- 5–6 fresh mint leaves (washed and chopped) — for “Mix-In”

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the kiwi and mint to give the ice cream freshness and texture.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional mint leaves or kiwi pieces for a beautiful presentation.



Vanilla Ice Cream with Cherry and Chocolate Pieces (Vegan)



Tips:

If you like, you can use frozen cherries for a creamier texture or add a little lemon juice for a fresh taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~2.5 g | Fat: ~14.0 g | Carbohydrates: ~22.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) cherries (washed and pitted) — for “Mix-In”
- ¼ cup (30 g) chocolate chips (or grated chocolate) — for “Mix-In”

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the cherries and chocolate chips. This will give the ice cream texture and flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional chocolate pieces or cherries for a beautiful presentation.



Chocolate Ice Cream with Almond and Coconut Flakes (Vegan)



Tips:

If you like, you can use chocolate with a higher cocoa content to enhance the flavor. Also, the coconut flakes can be toasted for an additional aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220 kcal | Protein: ~2.5 g | Fat: ~16.0 g | Carbohydrates: ~20.0 g

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 3 tbsp (45 g) unsweetened cocoa powder
- 2 tbsp (30 ml) agave syrup (or other sweetener to taste)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ¼ cup (30 g) almonds (finely chopped) — for “Mix-In”
- 2 tbsp (20 g) coconut flakes (for “Mix-In”)

Instructions:

- 1 In a bowl, combine coconut milk, coconut cream, cocoa powder, agave syrup, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add almonds and coconut flakes. This will give the ice cream texture and a nutty-coconut flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional nuts or coconut flakes for a beautiful presentation.



Chocolate Protein Smoothie with Banana and Almond



Tips:

For extra texture and flavor, you can use a frozen banana and add a little honey or stevia for a sweeter taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake



Servings:

4 servings of 100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~170 kcal | Protein: ~17 g | Fat: ~7.5 g | Carbohydrates: ~14.0 g

Ingredients:

- 1 cup (240 ml) almond milk (lactose-free)
- 2 tbsp (30 g) protein powder (chocolate or neutral) (15-20 g protein per 30 g powder)
- 1 medium (100 g) banana (peeled and chopped)
- 2 tbsp (30 g) almonds (finely chopped or crushed)
- 1 tbsp (15 g) unsweetened cocoa powder
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Instructions:

- 1 In a blender, combine almond milk, protein powder, banana, cocoa powder, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the "Milkshake" program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the "Mix-In" function to add the almonds to give the smoothie texture.
- 5 Transfer the smoothie to a glass or goblet. Garnish with additional almond pieces or chocolate shavings for a beautiful presentation.



Yogurt Ice Cream with Protein and Chocolate Chips



Tips:

If you want a more intense chocolate flavor, use chocolate with a high cocoa content. You can also add a little cinnamon or ground coffee for extra flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~190 kcal | Protein: ~18 g | Fat: ~8.0 g | Carbohydrates: ~16.0 g

Ingredients:

- 1 cup (240 ml) Greek yogurt (lactose-free)
- ½ cup (120 ml) nonfat cream
- 2 tbsp (30 g) protein powder (vanilla or chocolate flavored) (15-20 g protein per 30 g powder)
- ¼ cup (30 g) chocolate chips (or grated chocolate) — for “Mix-In”
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Instructions:

- 1 In a bowl, combine Greek yogurt, heavy cream, protein powder, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add chocolate chips to give the ice cream texture and a rich chocolate flavor.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional chocolate chips or berries for a beautiful presentation.



Vanilla Protein Shake with Peanut Butter



Tips:

For a richer flavor, you can use peanut butter with peanut pieces or add a little shredded coconut for an extra aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of 100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~170 kcal | Protein: ~15-18 g | Fat: ~10.0 g | Carbohydrates: ~9.0 g

Ingredients:

- 1 cup (240 ml) almond milk (or other plant-based milk)
- 2 tbsp (30 g) vanilla protein powder (15-20 g protein per 30 g powder)
- 2 tbsp (30 g) peanut butter
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 1 tbsp (10 g) toasted nuts (e.g., almonds or cashews) — for “Mix-In”

Instructions:

- 1 In a blender, combine almond milk, vanilla protein powder, peanut butter, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the toasted nuts to add texture and flavor.
- 5 Transfer the milkshake to a glass or goblet. Garnish with additional nuts or even caramel for a beautiful presentation.



Chocolate Protein Frappe with Almond



Tips:

For an even richer flavor, you can add a little coffee to the mixture before freezing. Almonds will give the frappe a pleasant crunch, and chia seeds will add nutritional value and texture.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of 100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~190 kcal | Protein: ~18-20 g | Fat: ~10.0 g | Carbohydrates: ~8.5 g

Ingredients:

- 1 cup (240 ml) almond milk (lactose-free)
- 2 tbsp (30 g) chocolate protein powder (15-20 g protein per 30 g powder)
- 1 tbsp (15 g) unsweetened cocoa powder
- 1 tbsp (15 ml) agave syrup or other sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 2 tbsp (30 g) almonds (finely chopped or crushed) — for “Mix-In”
- 1 tbsp (15 g) chia seeds (optional, for extra protein and texture) — for “Mix-In”

Instructions:

- 1 In a blender, combine almond milk, chocolate protein powder, cocoa powder, agave syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add almonds and chia seeds to add texture and healthy elements.
- 5 Transfer the frappe to a glass or goblet. Garnish with additional almond pieces or even chocolate shavings for a beautiful presentation.



Yogurt Ice Cream with Strawberry, Vanilla Protein, and Chia Seeds

Tips:

For a more intense flavor, add a little lemon juice or zest, and use frozen strawberries for a creamier texture.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato + Mix-In



Servings:

4 servings of 100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~190-210 kcal | Protein: ~15-20 g | Fat: ~8.0 g | Carbohydrates: ~15.0 g

Ingredients:

- 1 cup (240 ml) Greek yogurt (lactose-free)
- ½ cup (120 ml) almond cream (or coconut cream)
- 2 tbsp (30 g) vanilla protein powder (15-20 g protein per 30 g powder)
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- ½ cup (75 g) strawberries (washed and chopped) — for “Mix-In”
- 1 tbsp (15 g) chia seeds — for “Mix-In”

Instructions:

- 1 In a bowl, combine Greek yogurt, almond cream, vanilla protein powder, honey, vanilla extract, and a pinch of salt. Stir well until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Gelato” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add strawberries and chia seeds to give the ice cream freshness and texture.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with additional strawberry pieces for a beautiful presentation.



Milkshake with Nuts and Protein



Tips:

For an even richer flavor, you can use nut butter with nut pieces or add a little cinnamon for aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of 100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180-200 kcal | Protein: ~18-20 g | Fat: ~10.0 g | Carbohydrates: ~9.0 g

Ingredients:

- 1 cup (240 ml) milk (lactose-free or regular)
- 2 tbsp (30 g) vanilla protein powder (15-20 g protein per 30 g powder)
- 1 tbsp (15 g) almond butter or peanut butter
- 1 tbsp (15 ml) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 2 tbsp (30 g) nuts (e.g., walnuts or almonds) — for “Mix-In”
- 1 tbsp (15 g) chia seeds (optional, for extra protein and texture) — for “Mix-In”

Instructions:

- 1 In a blender, combine milk, vanilla protein powder, almond butter (or peanut butter), honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add the nuts and chia seeds to add texture and extra healthy elements.
- 5 Transfer the milkshake to a glass or goblet. Garnish with additional nuts for a beautiful presentation.



Protein Ice Cream with Peanut Butter and Chocolate



Tips:

If you want the ice cream to be creamier, use half regular cream instead of milk or add a couple of tablespoons of coconut milk for a richer flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In (optional)



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~90–95 kcal | Protein: ~7.5–8.0 g | Fat: ~4.0 g | Carbohydrates: ~5.0 g

Ingredients:

- 1 cup (240 ml) milk (regular or plant-based)
- 1 scoop (30 g) chocolate protein powder (15–20 g protein per serving)
- 1 tbsp (15 g) peanut butter (sugar-free or with chunks)
- 1 tsp (5 g) unsweetened cocoa powder
- 1 tsp (5 ml) vanilla extract
- 1 tsp (5 g) erythritol or other sweetener (to taste)
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) grated dark chocolate
- 1 tbsp (10 g) crushed peanuts

Instructions:

- 1 Pour all ingredients into a blender and blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program.
- 4 After the program is complete, use the “Mix-In” function to add grated chocolate and crushed peanuts to give the ice cream texture and richness.
- 5 Transfer the ice cream to a bowl or dessert glass. Garnish with a drizzle of peanut butter or sugar-free jam for extra beauty.



1a Protein Ice Cream with Cookies



Tips:

If you want the cookies not to get soggy, use harder cookies or add them to the ice cream at the very end to preserve their texture. You can also add a little shredded coconut for extra flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~210 kcal | Protein: ~18–20 g | Fat: ~9.0 g | Carbohydrates: ~12.0 g (of which sugar ~6.0 g)

Ingredients:

- 1 cup (240 ml) milk (regular)
- ½ cup (120 ml) heavy cream
- 1 scoop (30 g) vanilla protein powder (15–20 g protein per 30 g powder)
- 1 tbsp (15 ml) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 2–3 pieces (30 g) cookies (e.g., oat cookies) — for “Mix-In”
- 1 tbsp (10 g) flax seeds or chia seeds (optional, for added texture and protein) — for “Mix-In”

Instructions:

- 1 In a blender, combine milk, heavy cream, vanilla protein powder, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Gelato” program (for a denser texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add cookie crumbs and flax seeds or chia seeds to add texture and flavor.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional cookie crumbs for a beautiful presentation.





Protein Sorbet with Berries

Tips:

For an even brighter flavor, add a little lemon or lime zest to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Sorbet + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~140 kcal | Protein: ~15–20 g | Fat: ~2.0 g | Carbohydrates: ~10.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) water
- 1 scoop (30 g) protein powder (vanilla or neutral) (15–20 g protein per 30 g powder)
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) lemon juice
- 1 cup (150 g) berries (e.g., raspberries, blueberries, or strawberries)
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) grated chocolate or crushed nuts (optional)

Instructions:

- 1 In a blender, combine water, protein powder, honey, lemon juice, and a pinch of salt. Blend until smooth.
- 2 Add the berries and blend again until a smooth texture is achieved.
- 3 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 4 Install the pint in the Ninja Creami and select the “Sorbet” program. Start the process and wait for the program to finish.
- 5 After the program is complete, use the “Mix-In” function to add grated chocolate or nuts to add texture and richness.
- 6 Transfer the sorbet to a bowl or glass and garnish with berries for a beautiful presentation.



Protein “Milkshake” with Banana and Caramel



Tips:

For a richer flavor, you can use low-sugar caramel syrup or add a little cinnamon for an extra aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~15–20 g | Fat: ~7.0 g |
Carbohydrates: ~15.0 g (of which sugar ~10.0 g)

Ingredients:

- 1 cup (240 ml) milk (regular or plant-based)
- 1 scoop (30 g) vanilla protein powder (15–20 g protein per 30 g powder)
- 1 medium (100 g) banana (peeled and chopped)
- 1 tbsp (15 g) caramel syrup (or sweetener with caramel flavor)
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) caramel chips or nuts

Instructions:

- 1 In a blender, combine milk, protein powder, banana, caramel syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add caramel chips or nuts to add texture and flavor.
- 5 Transfer the milkshake to a glass or goblet. Garnish with additional caramel chips or nuts for a beautiful presentation.



Coconut Protein Ice Cream with Mango



Tips:

For a creamier texture, you can use frozen mango and add a little coconut oil to the mixture before freezing to enhance the coconut flavor.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~170–190 kcal | Protein: ~15–18 g | Fat: ~10.0 g |

Carbohydrates: ~8.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- ½ cup (120 ml) coconut cream
- 1 scoop (30 g) plant-based protein powder (vanilla or neutral) (15–20 g protein per 30 g powder)
- ½ cup (75 g) mango (frozen or fresh, chopped)
- 1 tbsp (15 g) honey or other plant-based sweetener
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) shredded coconut
- 1 tbsp (10 g) crushed nuts (optional, for texture)

Instructions:

- 1 In a blender, combine coconut milk, coconut cream, protein powder, mango, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Gelato” program (for a denser texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add shredded coconut and crushed nuts to add texture and richness.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional mango pieces or nuts for a beautiful presentation.



Almond Chocolate Ice Cream with Tofu



Tips:

For a more intense chocolate flavor, use chocolate with a high cocoa content or add a little coffee for a hint of bitterness.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~12–15 g | Fat: ~10.0 g |
Carbohydrates: ~8.0 g (of which sugar ~4.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- ½ cup (120 g) firm tofu
- 2 tbsp (30 g) unsweetened cocoa powder
- 1 tbsp (15 g) honey or other plant-based sweetener
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt
- 2 tbsp (30 g) almond pieces (optional, for “Mix-In”)

Instructions:

- 1 In a blender, combine almond milk, tofu, cocoa powder, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program (for a classic texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add almond pieces to add texture and richness.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional almond crumbs or chocolate shavings for a beautiful presentation.



Oatmeal Banana Protein Smoothie Bowl (Vegan)



Tips:

If you want a thicker texture, you can use frozen rolled oats or add slightly more banana.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Smoothie Bowl + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~160–180 kcal | Protein: ~15–18 g | Fat: ~7.0 g |

Carbohydrates: ~15.0 g (of which sugar ~7.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 1 scoop (30 g) plant-based protein powder (vanilla or neutral)
- 1 medium (100 g) banana (frozen)
- ½ cup (40 g) rolled oats (preferably whole)
- 1 tbsp (15 g) agave syrup or other plant-based sweetener
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) nuts (almonds, cashews, or walnuts)
- 1 tbsp (10 g) chia or flax seeds

Instructions:

- 1 In a blender, combine almond milk, plant-based protein powder, banana, rolled oats, agave syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Smoothie Bowl” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add nuts and seeds to add texture and healthy elements.
- 5 Transfer the smoothie bowl to a bowl or glass. Garnish with nuts, seeds, or berries for a beautiful presentation.



Coffee Ice Cream with Almond Milk and Collagen



Tips:

To make the coffee flavor more intense, use espresso powder or add coffee with spices, such as cinnamon or cardamom.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~18–20 g | Fat: ~8.0 g |

Carbohydrates: ~10.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 2 tbsp (30 g) collagen powder (plant-based or animal-based)
- 1 tbsp (15 g) honey or other plant-based sweetener
- 2 tbsp (30 g) instant coffee or espresso powder
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) grated chocolate or chocolate chips
- 1 tbsp (10 g) nuts (e.g., almonds or walnuts)

Instructions:

- 1 In a blender, combine almond milk, collagen powder, honey, instant coffee, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add grated chocolate or nuts to give the ice cream texture and a rich flavor.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional chocolate shavings or nuts for a beautiful presentation.



Pistachio Protein Ice Cream with Cashew Milk (Vegan)



Tips:

To make the ice cream even richer and creamier, you can add a little coconut oil to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Gelato + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~15–20 g | Fat: ~10.0 g |

Carbohydrates: ~8.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened cashew milk
- 1 scoop (30 g) plant-based protein powder (e.g., pistachio or vanilla) (15–20 g protein per serving)
- 1 tbsp (15 g) pistachio paste
- 1 tbsp (15 ml) agave syrup
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) pistachios (finely chopped or crushed)
- 1 tbsp (10 g) grated chocolate or shredded coconut (optional)

Instructions:

- 1 In a blender, combine cashew milk, protein powder, pistachio paste, agave syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Gelato” program (for a denser texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add pistachios and, if desired, grated chocolate or shredded coconut.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional pistachios or chocolate shavings for a beautiful presentation.



Yogurt Ice Cream with Soy Milk and Berries (Vegan)



Tips:

To enhance the flavor, use fresh berries or combine different types of berries for a brighter texture and richer taste.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~160–180 kcal | Protein: ~15–18 g | Fat: ~7.0 g |

Carbohydrates: ~14.0 g (of which sugar ~7.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened soy milk
- ½ cup (120 g) vegan yogurt (e.g., soy or coconut)
- 1 scoop (30 g) plant-based protein powder (e.g., vanilla)
- 1 tbsp (15 g) maple syrup
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) fresh or frozen berries (e.g., raspberries or blueberries)
- 1 tbsp (10 g) chia or flax seeds (optional, for added texture and nutrients)

Instructions:

- 1 In a blender, combine soy milk, vegan yogurt, protein powder, maple syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program (for a classic texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add berries and chia or flax seeds.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional berries for a beautiful presentation.



Mint Chocolate Protein Ice Cream (Almond-Based)



Tips:

For a richer flavor, you can use fresh or frozen berries, such as raspberries or strawberries, which pair well with mint ice cream.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Lite Ice Cream + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~15–18 g | Fat: ~8.0 g |

Carbohydrates: ~12.0 g (of which sugar ~6.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened almond milk
- 2 tbsp (30 g) mint syrup or mint extract
- 1 scoop (30 g) plant-based protein powder (e.g., vanilla)
- 2 tbsp (30 g) unsweetened cocoa powder
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) grated dark chocolate
- 1 tbsp (10 g) crushed nuts (e.g., almonds or cashews)

Instructions:

- 1 In a blender, combine almond milk, mint syrup or mint extract, protein powder, cocoa powder, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Lite Ice Cream” program (for a light texture). Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add grated dark chocolate and crushed nuts.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional grated chocolate or nuts for a beautiful presentation.



Coconut Milkshake with Rice Protein and Cocoa (Vegan)



Tips:

To enhance the chocolate flavor, add a little ground coffee or vanilla extract, which will add depth to the aroma.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~160–180 kcal | Protein: ~15–20 g | Fat: ~8.0 g |

Carbohydrates: ~10.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- 1 scoop (30 g) rice protein powder (15–20 g protein per serving)
- 1 tbsp (15 g) unsweetened cocoa powder
- 1 tbsp (15 ml) maple syrup or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) shredded coconut
- 1 tbsp (10 g) crushed nuts (e.g., cashews or almonds)

Instructions:

- 1 In a blender, combine coconut milk, rice protein powder, cocoa powder, maple syrup, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add shredded coconut and crushed nuts.
- 5 Transfer the milkshake to a glass or goblet. Garnish with additional shredded coconut or nuts for a beautiful presentation.



Protein Milkshake with Avocado and Coconut



Tips:

For a richer texture, you can add a little ice or frozen berries to the mixture before freezing.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Milkshake + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180–200 kcal | Protein: ~15–20 g | Fat: ~10.0 g |

Carbohydrates: ~10.0 g (of which sugar ~5.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- 1 scoop (30 g) plant-based protein powder (e.g., vanilla or neutral)
- ½ medium (70 g) avocado (peeled and chopped)
- 1 tbsp (15 g) coconut butter or shredded coconut
- 1 tbsp (15 ml) honey or other plant-based sweetener
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) grated chocolate or nuts (e.g., cashews or almonds)

Instructions:

- 1 In a blender, combine coconut milk, protein powder, avocado, coconut butter, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Milkshake” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add grated chocolate or nuts.
- 5 Transfer the milkshake to a glass or goblet. Garnish with additional nuts or chocolate shavings for a beautiful presentation.



Banana Ice Cream with Coconut Milk and Plant-Based Protein



Tips:

To improve the texture, you can add a little almond butter or flaxseed oil to make the ice cream creamier.



Volume:

473 ml (Ninja CREAMi Pint)



Program:

Ice Cream + Mix-In



Servings:

4 servings of ~100 g



Prep Time:

5 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~160–180 kcal | Protein: ~15–20 g | Fat: ~8.0 g |
Carbohydrates: ~15.0 g (of which sugar ~8.0 g)

Ingredients:

- 1 cup (240 ml) unsweetened coconut milk
- 1 scoop (30 g) plant-based protein powder (vanilla or neutral)
- 1 medium (100 g) banana (frozen and sliced)
- 1 tbsp (15 g) honey or sweetener to taste
- 1 tsp (5 ml) vanilla extract
- 1 pinch of salt

Optional for “Mix-In”:

- 1 tbsp (10 g) shredded coconut
- 1 tbsp (10 g) crushed nuts (e.g., almonds or cashews)

Instructions:

- 1 In a blender, combine coconut milk, plant-based protein powder, frozen bananas, honey, vanilla extract, and a pinch of salt. Blend until smooth.
- 2 Pour the mixture into the Ninja CREAMi Pint. Close the lid and place it in the freezer for 24 hours.
- 3 Install the pint in the Ninja Creami and select the “Ice Cream” program. Start the process and wait for the program to finish.
- 4 After the program is complete, use the “Mix-In” function to add shredded coconut and crushed nuts.
- 5 Transfer the ice cream to a bowl or glass. Garnish with additional nuts or shredded coconut for a beautiful presentation.



Creamy Coffee Slush



Tips:

For a richer coffee flavor,
use espresso or add
coffee extract.



Volume: ~710 ml (Ninja CREAMi
Deluxe Pint)



Program:
Slush



Servings:

3-4 (approx. 225-280g each)



Prep Time:

5 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~225-300 kcal | Protein: ~6-9 g | Fat: ~8-12 g | Carbs: ~30-38 g

Ingredients:

- 1½ cups (360 ml) strong chilled coffee
- ¾ cup (180 ml) milk (whole or 2%)
- 3 tablespoons (45 g) sweetened condensed milk
- ¾ teaspoon (3.75 ml) vanilla extract
- 6-9 ice cubes

Instructions:

- 1 Pour the chilled coffee, milk, sweetened condensed milk, and vanilla extract into the Ninja CREAMi Deluxe pint.
- 2 Add the ice cubes.
- 3 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Slush" program.
- 5 If needed, run the "Slush" program again or use "Re-Spin" to achieve the desired consistency.
- 6 Serve immediately.



Vanilla Milk Slush with Cookies



Tips:

Instead of vanilla syrup, you can use 1 ½ tsp (7,5 ml) of vanilla extract and increase the amount of sugar to taste.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Slush



Servings:
3-4 (approx. 225-280g each)



Prep Time:
5 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~300-375 kcal | Protein: ~8-10 g | Fat: ~12-18 g | Carbs: ~38-53 g

Ingredients:

- 1 ½ cups (360 ml) milk (whole or 2%)
- 3 tablespoons (45 ml) vanilla syrup
- 6-7 cream-filled cookies (e.g., Oreo), coarsely broken
- 6-9 ice cubes

Instructions:

- 1 Pour the milk and vanilla syrup into the Ninja CREAMi Deluxe pint.
- 2 Add the broken cookies.
- 3 Add the ice cubes.
- 4 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the "Slush" program.
- 6 After the program is complete, use the "Mix-In" function to further incorporate the cookies. If needed, run the "Slush" program again or use "Re-Spin".
- 7 Serve immediately, garnished with cookie crumbs (optional).



Strawberry Milk Slush



Tips:

For a more intense berry flavor, you can use frozen strawberries without thawing.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Slush



Servings:
3-4 (approx. 225-280g each)



Prep Time:
10 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~180-270 kcal | Protein: ~6-9 g | Fat: ~6-10 g | Carbs: ~27-38 g

Ingredients:

- 1½ cups (360 ml) milk (whole or 2%)
- ¾ cup (110 g) fresh or frozen strawberries
- 2-3 tablespoons (30-45 g) sugar
- ¾ teaspoon (3.75 ml) lemon juice (optional)
- 6-9 ice cubes

Instructions:

- 1 In a blender, blend the strawberries with a small amount of milk (about ½ cup) and sugar until pureed. Add lemon juice if using.
- 2 Pour the remaining milk and strawberry puree into the Ninja CREAMi Deluxe pint.
- 3 Add the ice cubes.
- 4 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the “Slush” program.
- 6 If needed, run the “Slush” program again or use “Re-Spin” to achieve the desired consistency.
- 7 Serve immediately, garnished with fresh strawberries (optional).



Coconut Coffee Slush (Vegan)



Tips:

For a richer coffee flavor, use espresso or add coffee extract.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Slush



Servings:
3-4 (approx. 225-280g each)



Prep Time:
5 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~150-225 kcal | Protein: ~1.5-3 g | Fat: ~9-15 g | Carbs: ~15-23 g

Ingredients:

- 1 ½ cups (360 ml) strong chilled coffee
- ¾ cup (180 ml) unsweetened coconut milk
- 3 tablespoons (45 ml) maple syrup (or other vegan sweetener to taste)
- ¾ teaspoon (3.75 ml) vanilla extract

Instructions:

- 1 Pour the chilled coffee, coconut milk, maple syrup, and vanilla extract into the Ninja CREAMi Deluxe pint.
- 2 Add the ice cubes.
- 3 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Slush" program.
- 5 If needed, run the "Slush" program again or use "Re-Spin" to achieve the desired consistency.
- 6 Serve immediately.



Almond Matcha Mint Slush (Vegan)



Tips:

For a more intense mint flavor, you can use a few drops of mint extract.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Slush



Servings:
3-4 (approx. 225-280g each)



Prep Time:
5 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~75-120 kcal | Protein: ~1.5-3 g | Fat: ~4.5-9 g | Carbs: ~7.5-15 g

Ingredients:

- 1 ½ cups (360 ml) unsweetened almond milk
- 1 ½ teaspoons matcha powder
- 1 ½ tablespoons (22.5 ml) agave syrup (or other vegan sweetener to taste)
- A few extra fresh mint leaves (optional)
- 6-9 ice cubes

Instructions:

- 1 Pour the almond milk into the Ninja CREAMi Deluxe pint.
- 2 Add the matcha powder and agave syrup. Stir well until the matcha is dissolved.
- 3 If using mint, lightly muddle the leaves and add them to the pint.
- 4 Add the ice cubes.
- 5 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 6 Install the pint in the Ninja CREAMi Deluxe and run the "Slush" program.
- 7 If needed, run the "Slush" program again or use "Re-Spin" to achieve the desired consistency.
- 8 Remove the mint leaves before serving (optional). Serve immediately.



Oat Mango Lime Slush (Vegan)



Tips:

For a more intense mango flavor, increase the amount of mango.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Slush



Servings:
3-4 (approx. 225-280g each)



Prep Time:
10 minutes + 4-8 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120-180 kcal | Protein: ~1.5-3 g | Fat: ~3-6 g | Carbs: ~23-30 g

Ingredients:

- 1 ½ cups (360 ml) unsweetened oat milk
- ¾ cup (110 g) frozen mango chunks
- 1 ½ tablespoons (22.5 ml) agave syrup (or other vegan sweetener to taste)
- Juice of ¾ lime
- A few extra cilantro leaves (optional, for a unique flavor)
- 6-9 ice cubes

Instructions:

- 1 In a blender, blend the frozen mango with a small amount of oat milk (about ½ cup) until smooth.
- 2 Pour the remaining oat milk, mango puree, agave syrup, and lime juice into the Ninja CREAMi Deluxe pint. If using cilantro, lightly bruise the leaves and add them.
- 3 Add the ice cubes.
- 4 Secure the lid and freeze for at least 4 hours (preferably 6-8 hours).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the “Slush” program.
- 6 If needed, run the “Slush” program again or use “Re-Spin” to achieve the desired consistency.
- 7 Remove the cilantro leaves before serving (optional). Serve immediately.



Lavender Honey Italian Ice



Tips:

If using dried lavender, heat the milk until simmering, add the lavender, remove from heat, and let steep for 15–20 minutes. Then strain through a fine-mesh sieve before adding the remaining ingredients.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Italian Ice



Servings:
3–4 (approx. 180g each)



Prep Time:
10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~160 kcal | Protein: ~4 g | Fat: ~7 g | Carbs: ~21 g

Ingredients:

- 2 $\frac{1}{4}$ cups (540 ml) whole milk
- $\frac{1}{3}$ cup (75 g) liquid honey
- 1 $\frac{1}{2}$ tablespoons (22.5 ml) lavender syrup (or 1 $\frac{1}{2}$ teaspoons dried culinary lavender, steeped in hot milk and strained)
- 1 $\frac{1}{2}$ tablespoons (22.5 ml) light corn syrup
- Pinch of sea salt (to balance sweetness)

Instructions:

- 1 In a medium bowl, whisk together the milk and honey until the honey is fully dissolved.
- 2 Add the lavender syrup (or strained lavender infusion), corn syrup, and a pinch of salt. Stir until well combined.
- 3 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the “Italian Ice” program.
- 5 If needed, run the “Re-Spin” program 1–2 times until the desired slightly granular consistency is reached.
- 6 Serve immediately, garnished with a sprig of lavender (optional).



Earl Grey Citrus Italian Ice



Tips:

For a more intense citrus flavor, you can add a few drops of orange extract.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Italian Ice



Servings:
3-4 (approx. 180g each)



Prep Time:
15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~90 kcal | Protein: ~0.75 g | Fat: ~0 g | Carbs: ~25 g

Ingredients:

- 2 ¼ cups (540 ml) strong Earl Grey tea (cooled)
- ⅓ cup (75 g) sugar
- Zest of ¾ orange
- Zest of ⅓ lemon
- 1 ½ tablespoons (22.5 ml) lemon juice
- 1 ½ tablespoons (22.5 ml) light corn syrup

Instructions:

- 1 Brew a strong Earl Grey tea and let it cool completely. Strain if using loose leaf tea.
- 2 In a medium bowl, whisk together the cooled tea, sugar, orange zest, lemon zest, lemon juice, and corn syrup. Stir until the sugar is fully dissolved.
- 3 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Italian Ice" program.
- 5 If needed, run the "Re-Spin" program 1-2 times until the desired consistency is reached.
- 6 Serve immediately, garnished with an orange or lemon slice (optional).



Coconut Lime Mint Italian Ice



Tips:

For a more intense mint flavor, you can use a few drops of mint extract instead of fresh mint.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Italian Ice



Servings:
3-4 (approx. 180g each)



Prep Time:
10 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120 kcal | Protein: ~1.5 g | Fat: ~10 g | Carbs: ~13 g

Ingredients:

- 1 ½ cups (360 ml) full-fat coconut milk
- ¾ cup (180 ml) water
- ⅓ cup (75 g) sugar
- Juice of 1 ½ limes
- 7-9 fresh mint leaves, lightly crushed
- 1 ½ tablespoons (22.5 ml) light corn syrup

Instructions:

- 1 In a medium bowl, whisk together the coconut milk, water, and sugar until the sugar is fully dissolved.
- 2 Add the lime juice, crushed mint leaves, and corn syrup. Stir to combine.
- 3 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the “Italian Ice” program.
- 5 If needed, run the “Re-Spin” program 1-2 times until the desired slightly granular consistency is reached.
- 6 Serve immediately, garnished with a lime wedge and a mint leaf (optional).



Dairy-Free & Vegan Rose Raspberry Italian Ice



Tips:

Adjust the intensity of the rose flavor by the amount of rose water used.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Italian Ice



Servings: 3-4 (approx. 180g each)



Prep Time: 15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~80-120 kcal (depending on sweetener) | Protein: ~0.75 g | Fat: ~0 g | Carbs: ~22-30 g

Ingredients:

- 2 ¼ cups (540 ml) water
- ¾ cup (150 g) frozen raspberries
- ⅓ cup (75 g) sugar (or agave syrup to taste)
- 1 ½ tablespoons (22.5 ml) rose water (food grade)
- 1 ½ tablespoons (22.5 ml) light corn syrup (vegan)
- 1 ½ teaspoons lemon juice

Instructions:

- 1 In a blender, blend the frozen raspberries with a small amount of water (about ⅓ cup) until pureed.
- 2 Strain the raspberry puree through a fine-mesh sieve to remove the seeds.
- 3 In a medium bowl, whisk together the remaining water, sugar (or agave syrup), rose water, corn syrup, and lemon juice until the sugar is fully dissolved.
- 4 Add the strained raspberry puree and stir until well combined.
- 5 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 6 Install the pint in the Ninja CREAMi Deluxe and run the "Italian Ice" program.
- 7 If needed, run the "Re-Spin" program 1-2 times until the desired slightly granular consistency is reached.
- 8 Serve immediately, garnished with fresh raspberries or edible rose petals (optional).



Dairy-Free & Vegan Green Tea Ginger Lime Italian Ice



Tips:

For a more intense ginger flavor, increase the amount of grated ginger or let it steep in the hot tea before cooling.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Italian Ice



Servings: 3-4 (approx. 180g each)



Prep Time: 15 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~75-105 kcal (depending on sweetener) | Protein: ~0.75 g | Fat: ~0 g | Carbs: ~18-27 g

Ingredients:

- 2 ¼ cups (540 ml) strong green tea (cooled)
- ⅓ cup (85 g) agave syrup (or other vegan sweetener to taste)
- 1 ½ tablespoons (22.5 ml) fresh lime juice
- 1 ½ teaspoons fresh grated ginger (or ¾ tsp ground ginger)
- 1 ½ tablespoons (22.5 ml) light corn syrup (vegan)

Instructions:

- 1 Brew a strong green tea and let it cool completely. Strain.
- 2 In a medium bowl, whisk together the cooled green tea, agave syrup, lime juice, grated ginger, and corn syrup until well combined.
- 3 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Italian Ice" program.
- 5 If needed, run the "Re-Spin" program 1-2 times until the desired consistency is reached.
- 6 Serve immediately, garnished with a lime wedge or a thin slice of ginger (optional).



Dairy-Free & Vegan Pineapple Coconut Lemongrass Italian Ice



Tips:

For a more intense lemongrass flavor, you can slice the lemongrass stalk lengthwise before bruising.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Italian Ice



Servings: 3-4 (approx. 180g each)



Prep Time: 20 minutes + 24 hours freezing

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~105-135 kcal (depending on coconut milk and sweetener) | Protein: ~0.75 g | Fat: ~3-7.5 g (depending on the fat content of coconut milk) | Carbs: ~18-27 g

Ingredients:

- 2 ¼ cups (540 ml) pineapple juice (unsweetened)
- ⅓ cup (80 ml) coconut milk (light or full-fat)
- 3 tablespoons (45 ml) agave syrup (or other vegan sweetener to taste)
- 1 ½ stalks lemongrass (white and light green parts), lightly bruised
- 1 ½ tablespoons (22.5 ml) light corn syrup (vegan)

Instructions:

- 1 In a small saucepan, combine the pineapple juice and bruised lemongrass. Bring to a gentle simmer, then remove from heat and let steep for 15-20 minutes. Discard the lemongrass.
- 2 In a medium bowl, whisk together the infused pineapple juice, coconut milk, agave syrup, and corn syrup until well combined.
- 3 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 24 hours (place jar upright).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Italian Ice" program.
- 5 If needed, run the "Re-Spin" program 1-2 times until the desired slightly granular consistency is reached.
- 6 Serve immediately, garnished with a small piece of pineapple or lime zest (optional).



Frozen Milky Chocolate Mocha



Tips:

For a richer coffee flavor, use espresso.
Adjust the amount of chocolate syrup to your liking



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 5 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~200-250 kcal (without garnish) | Protein: ~6-8 g |
Fat: ~5-8 g | Carbs: ~30-35 g

Ingredients:

- 1 ½ cups (360 ml) cold milk
- ¾ cup (180 ml) cold strong coffee
- 3 tablespoons (45 g) chocolate syrup
- 1 ½ tablespoons (22.5 g) sugar (optional)
- Whipped cream and chocolate shavings for garnish (optional)

Instructions:

- 1 Pour the cold milk, cold coffee, chocolate syrup, and sugar (if using) into the Ninja CREAMi pint.
- 2 Secure the lid and freeze for 2 hours to pre-chill (this is optional but recommended for better consistency).
- 3 Install the pint in the Ninja CREAMi Deluxe and run the "Frozen Drink" program.
- 4 If needed, run the "Re-Spin" program to achieve the desired consistency.
- 5 Pour into glasses, garnish with whipped cream and chocolate shavings (optional). Serve immediately.



Frozen Vanilla Latte (Deluxe)



Tips:

Adjust the intensity of the vanilla flavor by the amount of syrup. You can use reduced-fat milk to lower the calorie count.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 5 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~150-200 kcal (without garnish) | Protein: ~6-8 g |
Fat: ~5-7 g | Carbs: ~15-20 g

Ingredients:

- 2 $\frac{1}{4}$ cups (540 ml) cold milk
- $\frac{3}{4}$ cup (180 ml) cold strong coffee
- 3 tablespoons (45 ml) vanilla syrup
- Whipped cream for garnish (optional)

Instructions:

- 1 Pour the cold milk, cold coffee, and vanilla syrup into the Ninja CREAMi Deluxe pint.
- 2 Secure the lid and freeze for 2 hours to pre-chill (this is optional but recommended).
- 3 Install the pint in the Ninja CREAMi Deluxe and run the "Frozen Drink" program.
- 4 If needed, run the "Re-Spin" program to achieve the desired consistency.
- 5 Pour into glasses, garnish with whipped cream (optional). Serve immediately.



Frozen Strawberry Milkshake



Tips:

Use ripe strawberries for a more intense flavor.
Adjust the amount of sugar depending on the sweetness of the strawberries.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 10 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120-160 kcal (without garnish) | Protein: ~4-6 g |
Fat: ~4-6 g | Carbs: ~15-20 g

Ingredients:

- 1 ½ cups (225 g) frozen strawberries
- 1 ½ cups (360 ml) cold milk
- 3 tablespoons (45 g) sugar (or to taste)
- 1 ½ teaspoons (7.5 ml) lemon juice (optional)
- Whipped cream and fresh strawberries for garnish (optional)

Instructions:

- 1 In a blender, combine the frozen sugar, strawberries, and lemon juice (if using).
- 2 Add a small amount of milk (about ½ cup) and blend until smooth.
- 3 Pour the strawberry mixture into the Ninja CREAMi Deluxe pint and add the remaining milk. Stir to combine.
- 4 Secure the lid and freeze for 2 hours to pre-chill (this is optional but recommended).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the "Frozen Drink" program.
- 6 If needed, run the "Re-Spin" program to achieve the desired consistency.
- 7 Pour into glasses, garnish with whipped cream and fresh strawberries (optional). Serve immediately.



Vegan Frozen “Thai Tea” with Coconut Milk and Lime



Tips:

Adjust the intensity of the Thai tea flavor by the steeping time.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 15 min (tea steeping)
+ 2 hr freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~80-120 kcal (without garnish) | Protein: ~0-1 g |
Fat: ~6-10 g | Carbs: ~5-15 g

Ingredients:

- 2 cups (480 ml) strong brewed Thai tea (cooled)
- ½ cup (120 ml) full-fat coconut milk
- ¼ cup (60 ml) agave syrup (or other vegan sweetener to taste)
- Juice of ½ lime
- Pinch of ground cardamom (optional)
- Vegan whipped cream and lime zest for garnish (optional)

Instructions:

- 1 Brew a strong Thai tea (you can use tea bags or a Thai tea spice blend) according to the instructions. Let it steep, then cool completely and strain.
- 2 Pour the cooled Thai tea, coconut milk, agave syrup, and lime juice into the Ninja CREAMi Deluxe pint. Add cardamom if using.
- 3 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the “Frozen Drink” program.
- 5 If needed, run the “Re-Spin” program to achieve the desired consistency.
- 6 Pour into glasses, garnish with vegan whipped cream and lime zest (optional). Serve immediately.



Vegan Frozen "Watermelon Basil" with Coconut Water



Tips:

Choose a ripe and sweet watermelon for the best flavor.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 10 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~40-60 kcal (depending on sweetener) | Protein: ~0.5 g | Fat: ~0-1 g | Carbs: ~10-15 g

Ingredients:

- 2 cups (300 g) cubed watermelon (seedless)
- ½ cup (120 ml) coconut water
- 2 tablespoons (30 ml) agave syrup (or other vegan sweetener to taste)
- 5-6 fresh basil leaves
- Juice of ½ lemon
- Thin watermelon slices and basil leaves for garnish (optional)

Instructions:

- 1 In a blender, blend the watermelon with coconut water until smooth.
- 2 Add the agave syrup, basil leaves, and lemon juice. Blend again.
- 3 Strain the mixture through a fine-mesh sieve to remove basil pulp (optional, if you prefer a smoother texture).
- 4 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the "Frozen Drink" program.
- 6 If needed, run the "Re-Spin" program to achieve the desired consistency.
- 7 Pour into glasses, garnish with watermelon slices and basil leaves (optional). Serve immediately.



Vegan Frozen "Cucumber Mint Lime" with Green Apple



Tips:

For a more refreshing taste, you can add a few ice cubes while blending the ingredients.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Frozen Drink



Servings:
3-4 (approx. 240 ml each)



Prep Time: 10 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~50-70 kcal (depending on sweetener) | Protein: ~0.5 g |
Fat: ~0 g | Carbs: ~12-18 g

Ingredients:

- 1 large cucumber (peeled and chopped)
- 1 green apple (cored and chopped)
- ½ cup (120 ml) water
- ¼ cup (60 ml) agave syrup (or other vegan sweetener to taste)
- Juice of 1 lime
- 10-12 fresh mint leaves
- Thin cucumber slices and mint leaves for garnish (optional)

Instructions:

- 1 In a blender, blend the cucumber, green apple, and mint leaves with water until smooth.
- 2 Add the agave syrup and lime juice. Blend again.
- 3 Strain the mixture through a fine-mesh sieve to remove solids (optional, for a smoother texture).
- 4 Pour the mixture into the Ninja CREAMi Deluxe pint. Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 5 Install the pint in the Ninja CREAMi Deluxe and run the "Frozen Drink" program.
- 6 If needed, run the "Re-Spin" program to achieve the desired consistency.
- 7 Pour into glasses, garnish with cucumber slices and mint leaves (optional). Serve immediately.



Creamy Vanilla Creamiccino



Tips:

For a richer coffee flavor, use a double shot of espresso. Adjust the amount of vanilla syrup to your liking.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Creamiccino



Servings:

2-3 (approx. 240-350 ml each)



Prep Time: 5 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~200-280 kcal (without garnish) | Protein: ~8-12 g | Fat: ~8-15 g | Carbs: ~20-30 g

Ingredients:

- 1 ½ cups (360 ml) cold whole milk
- ¾ cup (180 ml) cold strong coffee (espresso or filtered)
- 3 tablespoons (45 ml) vanilla syrup
- Whipped cream and vanilla powder for garnish (optional)

Instructions:

- 1 Pour the cold whole milk, cold coffee, and vanilla syrup into the Ninja CREAMi Deluxe pint.
- 2 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended for better consistency).
- 3 Install the pint in the Ninja CREAMi Deluxe and run the "Creamiccino" program.
- 4 If needed, run the "Re-Spin" program to achieve the desired creamy, slightly whipped consistency.
- 5 Pour into glasses, garnish with whipped cream and vanilla powder (optional). Serve immediately.



Chocolate Hazelnut Creamiccino



Tips:

For a more intense hazelnut flavor, you can add a little hazelnut spread (like Nutella) along with the syrup.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Creamiccino



Servings: 2-3 (approx. 240-350 ml each)



Prep Time: 5 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~250-350 kcal (without garnish) | Protein: ~8-12 g | Fat: ~10-20 g | Carbs: ~30-40 g

Ingredients:

- 1 ½ cups (360 ml) cold whole milk
- ¾ cup (180 ml) cold strong coffee
- 2 tablespoons (30 ml) chocolate syrup
- 1 tablespoon (15 ml) hazelnut syrup
- Whipped cream and crushed hazelnuts for garnish (optional)

Instructions:

- 1 Pour the cold whole milk, cold coffee, chocolate syrup, and hazelnut syrup into the Ninja CREAMi Deluxe pint.
- 2 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 3 Install the pint in the Ninja CREAMi Deluxe and run the "Creamiccino" program.
- 4 If needed, run the "Re-Spin" program to achieve the desired creamy, slightly whipped consistency.
- 5 Pour into glasses, garnish with whipped cream and crushed hazelnuts (optional). Serve immediately.



Caramel Macchiato Creamiccino



Tips:

For a more pronounced caramel flavor, you can use salted caramel syrup.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Creamiccino



Servings:

2-3 (approx. 240-350 ml each)



Prep Time: 5 minutes + 2

hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~220-300 kcal (without garnish) | Protein: ~8-12 g |

Fat: ~8-15 g | Carbs: ~25-35 g

Ingredients:

- 1 ½ cups (360 ml) cold whole milk
- 1 cup (240 ml) cold strong coffee (espresso)
- 2 tablespoons (30 ml) caramel syrup (plus extra for drizzling)
- Whipped cream and caramel drizzle for garnish (optional)

Instructions:

- 1 Pour the cold whole milk, cold coffee, and caramel syrup into the Ninja CREAMi Deluxe pint.
- 2 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 3 Install the pint in the Ninja CREAMi Deluxe and run the “Creamiccino” program.
- 4 If needed, run the “Re-Spin” program to achieve the desired creamy, slightly whipped consistency.
- 5 Pour into glasses, garnish with whipped cream and drizzle with caramel syrup (optional). Serve immediately.



Vegan “London Fog” Creamiccino (Earl Grey Tea with Vanilla and Lavender)



Tips:

Adjust the intensity of the lavender flavor by the amount of syrup or the steeping time of lavender in the tea.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Creamiccino



Servings:
2-3 (approx. 240-350 ml each)



Prep Time: 10 min (tea steeping)
+ 2 hour freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~60-100 kcal (without garnish) | Protein: ~1-2 g |
Fat: ~2-6 g | Carbs: ~8-15 g

Ingredients:

- 1 ½ cups (360 ml) strong brewed Earl Grey tea (cooled)
- ¾ cup (180 ml) cold unsweetened almond milk
- 2 tablespoons (30 ml) vegan vanilla syrup
- 1 teaspoon lavender syrup (or ½ tsp dried culinary lavender, steeped in hot tea and strained)
- Vegan whipped cream and dried lavender for garnish (optional)

Instructions:

- 1 Brew a strong Earl Grey tea and let it cool completely. Strain if using loose leaf tea. If using dried lavender, add it while brewing the tea.
- 2 Pour the cooled Earl Grey tea, almond milk, vanilla syrup, and lavender syrup (or strained lavender infusion) into the Ninja CREAMi Deluxe pint.
- 3 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the “Creamiccino” program.
- 5 If needed, run the “Re-Spin” program to achieve the desired creamy, slightly whipped consistency.
- 6 Pour into glasses, garnish with vegan whipped cream and dried lavender (optional). Serve immediately.



Vegan "Matcha Latte" Creamiccino with Coconut Milk and Ginger



Tips:

Adjust the amount of matcha to your preference. Ginger adds a warming note.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program:
Creamiccino



Servings:

2-3 (approx. 240-350 ml each)



Prep Time: 5 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~70-120 kcal (without garnish) | Protein: ~1-2 g |

Fat: ~5-10 g | Carbs: ~5-15 g

Ingredients:

- 1 ½ cups (360 ml) cold unsweetened coconut milk
- ¾ cup (180 ml) cold strong matcha latte (prepared with water or a small amount of coconut milk)
- 2 tablespoons (30 ml) agave syrup (or other vegan sweetener to taste)
- ½ teaspoon fresh grated ginger (or ¼ tsp ground ginger)
- Vegan whipped cream and a pinch of matcha for garnish (optional)

Instructions:

- 1 Prepare a strong matcha latte and let it cool completely.
- 2 Pour the cold coconut milk, cooled matcha latte, agave syrup, and grated ginger into the Ninja CREAMi Deluxe pint.
- 3 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the "Creamiccino" program.
- 5 If needed, run the "Re-Spin" program to achieve the desired creamy, slightly whipped consistency.
- 6 Pour into glasses, garnish with vegan whipped cream and a pinch of matcha (optional). Serve immediately.



Vegan “Pink Peppercorn Chocolate” Creamiccino with Coconut Milk



Tips:

Pink peppercorns add a subtle heat and unique aroma to the drink. Don't use too many, as they can be overpowering.



Volume: ~710 ml (Ninja CREAMi Deluxe Pint)



Program: Creamiccino



Servings: 2-3 (approx. 240-350 ml each)



Pre Time: 10 minutes + 2 hours freezing (for pre-chilling)

Nutritional Information (approx. 3.5 oz./100g):

Calories: ~120-180 kcal (without garnish) | Protein: ~1-2 g |

Fat: ~8-15 g | Carbs: ~10-20 g

Ingredients:

- 1 ½ cups (360 ml) cold Full-fat coconut milk
- ¾ cup (180 ml) cold strong coffee
- 2 tablespoons (30 ml) vegan dark chocolate syrup
- ½ teaspoon pink peppercorns (lightly crushed)
- 1 tablespoon (15 ml) maple syrup (optional)
- Vegan whipped cream and a pinch of pink peppercorns for garnish (optional)

Instructions:

- 1 Lightly crush the pink peppercorns. Heat the coconut milk until simmering, add the pink peppercorns, remove from heat, and let steep for 10-15 minutes. Strain and cool completely.
- 2 Pour the cooled pink peppercorn-infused coconut milk, cold coffee, chocolate syrup, and maple syrup (if using) into the Ninja CREAMi Deluxe pint.
- 3 Secure the lid and freeze for 2 hours to pre-chill (optional but recommended).
- 4 Install the pint in the Ninja CREAMi Deluxe and run the “Creamiccino” program.
- 5 If needed, run the “Re-Spin” program to achieve the desired creamy, slightly whipped consistency.
- 6 Pour into glasses, garnish with vegan whipped cream and a pinch of pink peppercorns (optional). Serve immediately.



Conclusion

Friends!

For me, as someone whose professional life has long been dedicated to the principles of strict and balanced nutrition, this journey into the delightful world of homemade frozen desserts has been a true discovery. And I'm happy to share it with you! This book is not just a collection of recipes for your Ninja CREAMi. It's an invitation to mindful joy, to the opportunity to enjoy flavor without guilt, to the understanding that even within a healthy lifestyle, there's always room for small pleasures, like perfectly prepared homemade ice cream.

Within the pages of this book, I've strived to combine knowledge of balanced nutrition with the magic of textures and flavors that the Ninja CREAMi offers us (whether it's the 7-program model or the Deluxe). Experiment with the suggested recipes, adapt them to your preferences, and remember: the enjoyment of food is an important part of our well-being.

Your experience and your feedback are invaluable! Share your culinary experiments, tell me which recipes have become your favorites, and of course, leave your comments about this book. It's important for me to know how helpful and inspiring this new perspective on "sweets" has been for you.

May every dessert you prepare become not only a tasty treat but also a reminder that taking care of yourself can be joyful and diverse! Enjoy every frozen moment!

Share your feedback and recipes!

**Yours,
Dr. Zoe Bennett**



✨ **Share your impressions of this book.**



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