

# Ninja Creami Ice Cream Recipes - 7 Flavors

THM-Friendly: see recipe

Add ingredients to the blender. See recipes below, 12 oz. nut milk was used, unless noted.

Blend then pour into a Ninja Creami canister.

FREEZE FOR 24 HOURS (minimum!)

After frozen put in Ninja Creami using LITE ICE CREAM function.

Take lid off, make a hole in the middle, add half & half or nut milk (indicated in each recipe), put lid back on and RE-SPIN!

THEN add mix-ins if using and use the MIX-IN function.

PS. For use in a tub-like ice cream maker, mix ingredients, follow the maker's instructions.

## **Chocolate (super low fat)**

- 1 batch Tummy Tucking Ice Cream, Trim Healthy Cookbook page 363
- 2 Tbsp. unsweetened baking cocoa

Use half and half for RE-SPIN.



## **Banana (low fat, good carbs)**

- 1 batch Tummy Tucking Ice Cream, Trim Healthy Cookbook page 363 (optional no vanilla extract, sub banana extract)
- 1 small banana
- 1/4 cup 1% low-fat cottage cheese

Use nut milk for RE-SPIN.

## **Lemon (low fat)**

- 1 batch Tummy Tucking Ice Cream, Trim Healthy Cookbook page 363 (8 oz. nut milk recommended, no vanilla extract, sub lemon extract)
- 1 Tbsp. lemon juice POWDER (or 1/2 lemon juice and 1/2 nut milk in the ice cream base)
- 2 Tbsp. 1% low-fat cottage cheese

Add extra sweetener if needed.

(you could add 1/4 cup blueberries to MIX-IN, if you desire!)

Use half and half for RE-SPIN.

<https://www.joyfullifewithkj.com/desserts-and-snacks/ninja-creami-ice-cream>



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## Coffee (low fats)

- 8 oz. brewed strong coffee
- 1 tsp. instant coffee
- 2 Tbsp. 1% low-fat cottage cheese
- 1/4 cup half and half
- 3 Tbsp. THM Super Sweet (tweak to your liking)
- 2 pinches of mineral salt
- 1/4 tsp. THM Glucic



Use half and half for RE-SPIN.

## Chocolate Covered Cherry (good carbs)

- 1 batch Tummy Tucking Ice Cream, Trim Healthy Cookbook page 363 (no vanilla extract, sub cherry extract)
- 2 Tbsp. 1% low-fat cottage cheese
- 4-5 pitted cherries (fresh or frozen)
- 1 1/2 Tbsp. unsweetened baking cocoa

Blend. Then add 3-4 more cherries. Blend again lightly or just cut into small chunks and stir in.

After adding nut milk for the RE-SPIN you could add 4-5 more cherries, then MIX-IN.

## Vanilla Bean (low fat)

- 1 batch Tummy Tucking Ice Cream, Trim Healthy Cookbook page 363
- 2 Tbsp. 1% low-fat cottage cheese
- 1/4 tsp. Vanilla Bean POWDER

Use half and half for RE-SPIN.



## Cookies and Cream (good fats)

- 2 Tbsp. KJ's Copycat Oreo Cookie Crumble
- 8 oz. nut milk
- 2 Tbsp. 1% low-fat cottage cheese
- 1/3 cup half and half
- 2 1/2 tsp. THM Super Sweet (tweak to your liking)
- 1/4 tsp. THM Glucic
- 2 pinches of mineral salt
- a splash of vanilla extract

After adding half and half with RE-SPIN, add more Oreo Cookie Crumble then MIX-IN.