

Creami Cravings

Low-Calorie, High Protein Ninja Creami Ice Cream

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Flavor List:

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Cake Batter
Caramel
Chocolate
Chocolate Peanut Butter
Cinnamon
Coffee
Hershey's Milk Chocolate
Horchata
Mango & Cream
Maple
Marshmallow
Mint
Mocha
Nutella
Peanut Butter
Peppermint

Pistachio
Pumpkin Spice
Pumpkin Spice Latte
Reese's
Shamrock Shake
Strawberry
Strawberry Banana
Vanilla
Vanilla Bean

Fan Favorites

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Birthday Cake
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Cherry Garcia
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Chocolate Chip / Stracciatella
Chocolate Chip Cookie Dough
Chocolate Cookies & Cream
Chocolate Fudge Brownie

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Splendid Soft Serve

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[Peach Cobbler Sundae](#)
[Red Velvet Sundae](#)
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Introduction

Welcome to Creami Cravings, a cookbook dedicated to creating high protein, low-calorie ice cream recipes using your Ninja Creami. Get ready to indulge in guilt-free frozen treats that are packed with flavor and nutrition.

Getting Started with the Ninja Creami

I'm sure most of you know by now how to use your Ninja Creami, but for those of you that are new to it, I will cover the basic procedure.

1. Prepare the Pint: Ensure the pint is clean and dry. Mix all required ingredients into the pint and whisk together. Place the pint on a level surface into the freezer.
2. After at least 16 hours in the freezer, take the pint out and run it under hot water for 60 seconds.
3. Wipe the pint dry and place into the Creami bowl.
4. Place the Paddle cover over the bowl and lock into place.
5. Put the entire bowl into the machine and lock into place.
6. Turn the machine on and run on the instructed setting, respinning as needed.
7. Enjoy your low calorie, high protein ice cream!

Key Ingredients and Substitutions

Some ingredients are integral in creating the best, and highest protein ice cream. Here are some that I use in almost every recipe:

Fairlife Milk and Protein Shakes:

Fairlife products are ultra-filtered, allowing them to be higher in protein and lower in sugar, making them perfect for creating the bases of my ice creams. They are not necessary and can be substituted for regular milk, nut milk, or any other protein shake. Also, I use 0% fat milk in most of my recipes but higher fat milk can be used to create a creamier texture and better mouth feel.

*If you ever want to substitute milk for a protein shake in a recipe, use 400g of milk and add 20g more sweetener than what the recipe calls for. If you want to sub a protein shake for milk, remove 20g of sweetener from what the recipe calls for.

Zero Calorie sweetener:

I use [Lakanto](#) Monkfruit sweetener in all of my recipes because after trying dozens of different sweeteners, I've found it to taste the most like real sugar, but any 1:1 sugar substitute will work. Sweetener provides the desired sweetness without affecting blood sugar levels and increasing the calories. Feel free to adjust the amount of sweetener based on your taste preferences.

Xanthan Gum:

Xanthan gum is a common ingredient in ice cream recipes as it helps improve the texture and prevents ice crystals from forming. It acts as a thickening agent and enhances the creaminess of the ice cream. Guar gum can also be used if that's what you have. If you don't have either, you can omit it, but the texture may be slightly affected.

Jello Pudding Mix:

I know that Jello powders are popular in many Creami recipes but after experimenting, I've found that xanthan or guar gum makes for a much better texture and flavor. If you do want to use the Jello instead of the xanthan gum, you can substitute the xanthan gum for 5-7g of Jello.

Salt:

A pinch of salt enhances the flavor of ice cream and balances the sweetness. It helps to bring out the natural flavors and adds depth to the overall taste. This can be left out, but trust me, it really makes for a great ice cream.

When using alternative ingredients or making substitutions, keep in mind that the final texture, taste, and nutritional content may vary slightly from the original recipe. Feel free to experiment and adjust the ingredients based on your dietary needs and personal preferences.

Spin Settings and Respins

What I have found to be the best method for spinning a Creami is as follows:

1 Lite Ice Cream → 1 Respin (if no mix-ins, respin twice and void the next step) → 1 Mix-In

Notes:

This is really dependent on how frozen your pint is. If it's been freezing for longer, it will take more spins to get to the right consistency. If you only freeze it for a short time period, it will take less spins. Use your intuition to gauge how many spins are necessary.

I also know that many people claim that adding liquid in between spins is essential, but I have tried with and without adding it, and have noticed nearly no difference at all

Base Flavors

Start simple. These classic base recipes give you all the flavor and macros with minimal ingredients. They're great on their own or as a canvas for your favorite mix-ins and toppings.

Vanilla

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

135 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Chocolate

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

173 cal 10g C, 4g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Coffee

400g Fat Free Fairlife Milk (can sub with a vanilla protein shake and 20g less sweetener)

40-45g [sweetener](#)

1 shot espresso

A pinch of salt

1g (¼ tsp) xanthan gum

*feel free to sub the espresso for 1 tbsp of instant coffee or a Cometeer pod

135 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Mint

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

⅛ tsp peppermint extract

A pinch of salt

1g (¼ tsp) xanthan gum

135 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Peanut Butter

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

8g (½ tbsp) Peanut Butter

16g (2 tbsp) PB Fit

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

240 cal 15g C, 6g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting

4. Spin on "Respin" setting
5. Respin again if powdery

Cinnamon

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

3g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

139 cal 12g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Brownie Batter

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

20g black cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

193 cal 15g C, 5g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Strawberry

1 Strawberry Protein Shake (350-400ml)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

150 cal 2g C, 3g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Caramel

1 Caramel Protein Shake (350-400ml)

10-15g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

160 cal 4g C, 3g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Pumpkin Spice

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

60g canned pumpkin

2.5g (½ tsp) vanilla bean paste (or extract)

2g (½ tsp) pumpkin pie spice

A pinch of salt

1g (¼ tsp) xanthan gum

158 cal 15g C, 0g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Pumpkin Spice Latte

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

60g canned pumpkin

1 shot of espresso

(Optional) 1 tbsp coffee creamer (I like Trader Joe's Brown Sugar creamer)

2.5g (½ tsp) vanilla bean paste (or extract)

2g (½ tsp) pumpkin pie spice

A pinch of salt

1g (¼ tsp) xanthan gum

158 cal 15g C, 0g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Maple

400g Fat Free Fairlife Milk

25-30g [sweetener](#)

30g sugar free syrup

A pinch of salt

1g (¼ tsp) xanthan gum

145 cal 15g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Peppermint

400g Fat Free Fairlife Milk

40g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

⅛ tsp peppermint extract

1 tsp Peppermint Bark Skinny Syrups (optional)

A pinch of salt

1g (¼ tsp) xanthan gum

135 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Cake Batter

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

5g (1 tsp) [cake batter extract](#)

A pinch of salt

1g (¼ tsp) [xanthan gum](#)

135 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Banana

400g Fat Free Fairlife Milk

40g [sweetener](#)

1 small banana (~100g)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

221 cal 33g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Chocolate Peanut Butter

1 Chocolate Protein Shake (350-400ml)

10g [sweetener](#)

10g cocoa powder

½ scoop Peanut Butter protein powder (I use Ryse Skippy PB Protein) (can sub with 2 tbsps of PB powder like PB Fit)

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

248 cal 13g C, 6g F, 45g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Reese's

400g Fat Free Fairlife Milk

1 scoop C4 Reese's Protein Powder

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

275 cal 14g C, 3g F, 47g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with Reese's (optional)

Vanilla Bean

400g Fat Free Fairlife Milk

1 scoop C4 Vanilla Bean Protein Powder

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

265 cal 14g C, 2g F, 47g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds

3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Hershey's Milk Chocolate

400g Fat Free Fairlife Milk

1 scoop C4 Hershey's Protein Powder

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

265 cal 14g C, 2g F, 47g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with Hershey's chocolate (optional)

Mocha

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

1 shot of espresso (can sub with 3-5g of espresso powder)

A pinch of salt

1g (¼ tsp) xanthan gum

173 cal 10g C, 4g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Horchata

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

3g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

139 cal 12g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Strawberry Banana

1 Strawberry Protein Shake (350-400ml)

1 medium size banana (~113g)

260 cal 27g C, 3g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Nutella

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

18g (1 tbsp) Nutella

2.5g (½ tsp) hazelnut syrup (optional)

A pinch of salt

1g (¼ tsp) xanthan gum

273 cal 21g C, 9g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Mango and Cream

1 Vanilla Protein Shake (350-400ml)
140g mango (canned, fresh, or frozen)
15-20g [sweetener](#)
2.5g (½ tsp) vanilla bean paste (or extract)
230 cal 24g C, 3g F, 31g P

Instructions:

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Shamrock Shake

1 Vanilla Protein Shake (350-400ml)
20g [sweetener](#)
2.5g (½ tsp) vanilla bean paste (or extract)
⅛ tsp peppermint extract
1 tsp Peppermint Bark Skinny Syrups (optional)
2-3 drops green food coloring (optional)
A pinch of salt
1g (¼ tsp) xanthan gum
150 cal 2g C, 3g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Pistachio

400g Fat Free Fairlife Milk
30-35g [sweetener](#)
20g pistachio butter (or pistachio cream)
½ tsp sugar-free Pistachio syrup (optional)
5g (1 tsp) vanilla bean paste (or extract)
A pinch of salt
1g (¼ tsp) xanthan gum
233 cal 15g C, 8g F, 25g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Acai

120g Fat Free Fairlife Milk

1 scoop vanilla protein powder

1 packet unsweetened acai puree (I got mine from Trader Joe's - the macros were 80 cal 1g P, 1g C, 7g F)

50g banana

294 cal 17g C, 9g F, 32g P

Instructions:

1. In a blender, blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Smoothie Bowl" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. (Optional) Scoop into a bowl and top with your favorite Acai Bowl toppings (I used strawberries, banana, granola, and peanut butter)

Marshmallow

400g Fat Free Fairlife Milk

40g [sweetener](#)

15g mini marshmallows (Pro Tip: toast them for that campfire-esque flavor)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

178 cal 22g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base (marshmallows included) and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Fan Favorites

These are the go-tos that everyone comes back to. Loaded with nostalgic flavors and crowd-pleasing combos, this section covers the most-loved Creamis on my page.

Chocolate Chip Cookie Dough

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 chocolate chip cookie (approximately 30g, can sub with cookie dough)

271 cal 29g C, 6g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the “Mix-in” cycle

Cookies and Cream

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins

240 cal 26g C, 4g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins

7. Run the “Mix-in” cycle

Almond Joy

400g Fat Free Fairlife Milk

40g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

5g (1 tsp) coconut extract

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g almonds

5g coconut flakes

10g chocolate chunks or chips

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 10g of chocolate with 1.5g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

274 cal 21g C, 10g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the “Mix-in” cycle

Rocky Road

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g nuts of choice

10g mini marshmallows

268 cal 18g C, 11g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Cake Batter Crumble

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) [cake batter extract](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

35g Cake Pieces or Mini Muffins

270 cal 29g C, 6g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Peanut Butter Half Baked

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

8g (½ tbsp) Peanut Butter

16g (2 tbsp) PB Fit

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g of the [Fuul](#) Chocolate Chip Cookie Dough bites

⅓ of a [Prime Bites](#) Protein Brownie

389 cal 35g C, 11g F, 41g P

Instructions:

1. Blend all ingredients for the bases and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin each on "Lite Ice Cream" setting
4. Spin on "Respin" setting if very powdery
5. Make a hole down to the bottom with a butter knife and fill with chopped brownie and cookie dough bites (I highly recommend freezing these chopped mix-ins for 1hr+ before using them - this ensures they stay intact when using the Mix-in function)
6. Run the "Mix-in" cycle

Peanut Butter Cup

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

8g (½ tbsp) Peanut Butter

16g (2 tbsp) PB Fit

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Toppings:

17g chopped Peanut Butter Cups

328 cal 27g C, 11g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the chopped up PB Cups

The Tonight Dough

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

20g [Fuul](#) Chocolate Chip Cookie Dough bites

2 Oreo Thins (cream removed)

7g caramel syrup

309 cal 33g C, 7g F, 37g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle
8. Top with the cookie dough bites and caramel syrup

S'mores

400g Fat Free Fairlife Milk

40g [sweetener](#)

10g Graham flavored Protein Powder (I use Black Magic Honey Grahams)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g Mini Marshmallows

½ sheet of a graham cracker

7g (½ tbsp) Chocolate Syrup

286 cal 38g C, 2g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Peanut Butter Oreo

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

8g (½ tbsp) Peanut Butter

16g (2 tbsp) PB Fit

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins

345 cal 31g C, 10g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Oreos
7. Run the “Mix-in” cycle

Double Oreo

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

20g black cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

7 Mini Oreos or 3 Oreo Thins

298 cal 24g C, 10g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with ¾ of the Oreos
7. Run the “Mix-in” cycle
8. Crumble the remaining Oreos on top

Mocha Chip

1 Chocolate Protein Shake (350-400ml)

1 shot of espresso

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

⅓ (27g) of a Gatsby chocolate bar, chopped (60 cal)

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

233 cal 21g C, 9g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with chocolate
7. Run the "Mix-in" cycle

Dark Chocolate PB Cup

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

10g black cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

2 Reese's PB Cups or equivalent PB cup

403 cal 42g C, 14g F, 40g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with chopped up PB cups
7. Run the "Mix-in" cycle

Chocolate Fudge Brownie

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Fiber One Brownie or any brownie of your choosing (~70 cal)

243 cal 21g C, 7g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with brownie
7. Run the “Mix-in” cycle

If you don't want the brownie to be pulverized into a million little pieces I would recommend just crumbling it on top of the chocolate ice cream instead of using the mix-in function

Mint Chocolate Chip

400g Fat Free Fairlife Milk

40g [sweetener](#)

⅛ tsp (5-6 drops) drops peppermint extract

½ tsp vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g chocolate chips (60 cal) mixed with 2g of coconut oil (27 cal)

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

211 cal 19g C, 7g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the melted chocolate

7. Run the “Mix-in” cycle

Cherry Garcia

300g Fat Free Fairlife Milk

100g cherries (fresh or frozen)

35g [sweetener](#)

½ tsp vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g sugar-free Chocolate Chips (60 cal)

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

228 cal 28g C, 5g F, 19g P

Instructions:

1. Pour the cherries into the pint and cover with the sweetener
2. Let sit for a few minutes to macerate
3. Add milk, vanilla bean paste (or extract), salt, and xanthan gum
4. Shake up the pint and freeze (at least 16 hours)
5. Run your pint under hot water for at least 60 seconds
6. Spin on “Lite Ice Cream” setting
7. Spin on “Respin” setting
8. Respin again if powdery
9. Make a hole down to the bottom with a butter knife and fill with ¾ of the chocolate chips
10. Run the “Mix-in” cycle
11. Top with the remaining chocolate chips

Chocolate Chip / Stracciatella

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g chocolate chips (80 cal) mixed with 3g of coconut oil (27 cal)

- Right before the Mix-In cycle, combine the chocolate with the coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

240 cal 21g C, 9g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if very powdery
5. Make a hole down to the bottom with a butter knife and fill with the melted chocolate
6. Run the "Mix-in" cycle

Birthday Cake

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) [cake batter extract](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

2 tsp rainbow sprinkles

175 cal 16g C, 2g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with sprinkles and mix in by hand (they will get crushed up too small if you use the "Mix-in" setting)

M&M

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g M&M's (I like the mini M&M's because you get more quantity for the same weight)
207 cal 21g C, 3g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with M&M's and mix in by hand

Half Baked

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a [Prime Bites](#) Protein Brownie

⅓ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

372 cal 32g C, 11g F, 46g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with cookie dough and brownie pieces

Milk and Cookies

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

2 Oreo Thins (cream removed)

308 cal 35g C, 5g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle
8. Top with the cookie dough bites

Strawberry Cheesecake

1 Strawberry Protein Shake (350-400ml)

22g (2 tbsp) whipped (or regular) cream cheese

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

100g frozen/fresh strawberries macerated in 10-15g of sweetener + a splash of lemon juice

½ sheet of a graham cracker

265 cal 18g C, 8g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. At least an hour before making the ice cream, pour the strawberries into a bowl and cover with 10-15g of sweetener (if frozen, microwave them for 1 minute), stir, and place in the fridge
3. Run your pint under hot water for at least 60 seconds
4. Spin on "Lite Ice Cream" setting
5. Spin on "Respin" setting
6. Respin again if powdery
7. Make a hole down to the bottom with a butter knife (if there isn't one already - there should already be one because we aren't using a full pint's worth of liquid) and fill with the strawberry topping
8. Top with the crumbled graham cracker

Chunky Monkey

400g Fat Free Fairlife Milk

40g [sweetener](#)

1 small banana (~80g)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

7g chopped walnuts

15g chocolate chips + 2g coconut oil (you can either use this as a mix-in or as a chocolate shell topping)

- For mix-in: right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.
- For topping: after your ice cream reaches your desired consistency, pour the melted chocolate on top and tip pint to each side to spread all around.

329 cal 39g C, 12g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Ice Cream" setting
4. Spin on "Respin" setting if powdery
5. Make a hole down to the bottom with a butter knife and fill with the chocolate (skip this step if you want the chocolate shell topping)
6. Run the "Mix-in" cycle (skip this step if you want the chocolate shell topping)
7. Top with the walnuts (+ chocolate if you're doing the shell)

Moose Tracks

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g Mini Peanut Butter Cups

⅓ (27g) of a Gatsby chocolate bar, chopped (60 cal)

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

276 cal 30g C, 10g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Orange Creamsicle

250g oranges or orange juice

250g Fat Free Fairlife Milk

20g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

205 cal 36g C, 0g F, 17g P

Instructions:

1. Combine all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if necessary

Orange Creamsicle (easy version)

400g orange juice (ideally a light OJ like Simply Light Orange Juice)

1 scoop vanilla protein powder

215 cal 22g C, 2g F, 27g P

Instructions:

1. Combine all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if necessary

Phish Food

1 Chocolate Protein Shake (350-400ml)

25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g mini marshmallows

6g caramel syrup

½ of a [Hormbles Chormbles](#) (protein chocolate bar with 100 cal and 10g pro)

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

293 cal 27g C, 7g F, 37g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with chocolate and marshmallows
7. Run the "Mix-in" cycle
8. Top with caramel syrup

Chocolate Cookies and Cream

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins

278 cal 26g C, 8g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Chocolate PB Cup

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

2 PB Cups (I used the Dark Chocolate PB Cups from Trader Joe's, ~130 calories)

299 cal 22g C, 12g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with chopped up PB cups
7. Run the "Mix-in" cycle

Mint Oreo

400g Fat Free Fairlife Milk

40g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

⅛ tsp peppermint extract

1 tsp Peppermint Bark Skinny Syrups (optional)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins (optionally crumble one more on top)

240 cal 26g C, 5g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

8. (Optionally) crumble the final Oreo on top

Cookie Dough

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

285 cal 20g C, 7g F, 38g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the cookie dough bites and mix in by hand

Red Velvet

1 Chocolate Protein Shake (350-400ml)

1 tsp Red Velvet extract (I used LorAnn’s Red Velvet Bakery Emulsion)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g white chocolate chips (optional)

—or—

Use the chocolate chip hack:

- Right before the Mix-In cycle, combine 15g of white chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it’ll turn into perfect, creamy chocolate chips.

150 cal 4g C, 3g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting

5. Respin again if powdery

Reese's Pieces

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 package (49g) Quest Peanut Butter Candies (can sub with Reese's Pieces)

305 cal 17g C, 12g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with PB Candies and mix in by hand

Death by Chocolate

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a [Prime Bites](#) Protein Brownie

¾ of a [Hormbles Chormbles](#) Chocolate Bar (100 cal, 10g protein candy bar – can sub with any kind of chocolate)

358 cal 15g C, 13g F, 49g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with brownie and chocolate
7. Run the "Mix-in" cycle

If you don't want the brownie/chocolate to be pulverized into a million little pieces I would recommend just topping it on the ice cream instead of using the mix-in function

Turtle Pecan Cluster

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

7.5g salted caramel syrup

5g chopped pecans

15g chocolate chips (60 cal) mixed with 2g of coconut oil (27 cal)

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

267 cal 16g C, 10g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the melted chocolate
7. Run the "Mix-in" cycle
8. Top with the pecans and caramel

Cinnamon Bun

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

3g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ of a [Prime Bites](#) Glazed Cinnamon Roll Protein Brownie (chopped and coated in a sprinkle of cinnamon and sweetener)

250 cal 14g C, 5g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the Brownie pieces and mix in by hand

Coffee Toffee Bar Crunch

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

1 tbsp instant coffee

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

21g (3 mini bars) Heath bar (can sub with any chocolate covered toffee)

246 cal 23g C, 7g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the chopped up toffee pieces

Chubby Hubby

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

1 tbsp [malted milk powder](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g peanut butter chips + 2g coconut oil + a pinch of salt

- Right before the Mix-In cycle, combine the peanut butter chips, coconut oil, and salt, and melt in the microwave (30 sec intervals, stirring in between). Then, hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into a beautiful peanut butter swirl!

14g (½ serving) chocolate covered pretzels

317 cal 30g C, 9g F, 26g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the peanut butter mixture
7. Run the “Mix-in” cycle
8. Top with the chopped up pretzels

Confetti Cake Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a package of the [Fuul](#) Birthday Cake Cookie Dough bites

268 cal 28g C, 4g F, 29g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the cookie dough bites and mix in by hand

Oat of this Swirled

1 Vanilla Protein Shake (350-400ml) + 25g brown sweetener

1g (¼ tsp) butter extract

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g chocolate chips + 2g coconut oil

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in

the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

½ of a Made Good Cinnamon Bun Baked Oat bar (or similar cookie swirl replacement - about 60 cal)

288 cal 21g C, 11g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Make a hole down to the bottom with a butter knife and fill with the melted chocolate
6. Run the "Mix-in" cycle
7. Crumble the bar on top

Vanilla Pecan Blondie

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

5g candied pecans

7g salted caramel syrup

½ of a [Prime Bites](#) Protein Brownie (ideally one of the blondie-style flavors), chopped

300 cal 25g C, 8g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Chop the pecans and brownie until desired size
7. Top with the chopped toppings and drizzle with salted caramel

Dirt Cake

400g Fat Free Fairlife Milk

40g [sweetener](#)

7g (1 tbsp) vanilla pudding mix

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

4 Oreo Thins, cream removed (3 mixed in, 1 crumbled on top)

15g (1 tbsp) [Lakanto Chocolate Sauce](#)

249 cal 38g C, 2g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with 3 of the Oreos
7. Run the “Mix-in” cycle
8. Drizzle with the chocolate sauce
9. Crumble the final Oreo on top

Choco Brownie Extreme Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ of a [Prime Bites](#) Protein Brownie

½ of a [Hormbles Chormbles](#) Chocolate Bar (100 cal, 10g protein candy bar – can sub with any kind of chocolate)

293 cal 25g C, 8g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the chopped up brownie and chocolate

S’mores Blizzard

400g Fat Free Fairlife Milk

40g [sweetener](#)

15g mini marshmallows (Pro Tip: toast them for that campfire-esque flavor)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ sheet of a graham cracker

½ of a [Hormbles Chormbles](#) (protein chocolate bar with 100 cal and 10g pro)

5g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

277 cal 37g C, 4g F, 27g P

Instructions:

1. Blend all ingredients for the base (marshmallows included) and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the chopped up chocolate, graham cracker, and marshmallows

New York Super Fudge Chunk

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

5g white chocolate chips

5g dark chocolate chips

5g chopped pecans

5g chopped walnuts

6g chocolate covered almonds

320 cal 18g C, 16g F, 35g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the Mix-ins and mix in by hand

Coffee Oreo

400g Fat Free Fairlife Milk (can sub with a vanilla protein shake and 20g less sweetener)

40-45g [sweetener](#)

1 shot espresso

A pinch of salt

1g ($\frac{1}{4}$ tsp) xanthan gum

*feel free to sub the espresso for 1 tbsp of instant coffee or a Cometeer pod

Mix-ins:

3 Oreo Thins

240 cal 26g C, 4g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle

Royal New York Cheesecake Blizzard

**this is my favorite recipe I've ever made*

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g ($\frac{1}{2}$ tsp) vanilla bean paste (or extract)

A pinch of salt

1g ($\frac{1}{4}$ tsp) xanthan gum

Mix-ins/Toppings:

100g frozen/fresh strawberries macerated in 10-15g of sweetener

$\frac{1}{2}$ sheet of a graham cracker

30g cheesecake bites (~100 calories worth of any cheesecake)

318 cal 27g C, 10g F, 32g P

Instructions:

9. Blend all ingredients for the base and freeze (at least 16 hours)
10. At least an hour before making the ice cream, pour the strawberries into a bowl and cover with 10-15g of sweetener (if frozen, microwave them for 1 minute), stir, and place in the fridge
11. Run your pint under hot water for at least 60 seconds

12. Spin on "Lite Ice Cream" setting
13. Spin on "Respin" setting
14. Respin again if powdery
15. Make a hole down to the bottom with a butter knife (if there isn't one already - there should already be one because we aren't using a full pint's worth of liquid) and fill with the strawberry topping
16. Top with the cheesecake pieces and crumbled graham cracker

Cookie Monster

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

1-2 drops of blue food coloring (optional)

Mix-ins:

½ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

2 Oreo Thins (cream removed)

328 cal 40g C, 5g F, 30g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle
8. Top with the cookie dough bites

Coffee Coffee BuzzBuzzBuzz

400g Fat Free Fairlife Milk (can sub with a vanilla protein shake and 20g less sweetener)

40-45g [sweetener](#)

1 shot espresso

A pinch of salt

1g (¼ tsp) xanthan gum

*feel free to sub the espresso for 1 tbsp of instant coffee or a Cometeer pod

Mix-ins:

30g chocolate covered espresso beans, chopped

273 cal 27g C, 8g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the chopped espresso beans
7. Run the "Mix-in" cycle

Chocolate Therapy

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

7-10g chocolate jello pudding mix

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins (cream removed)

259 cal 27g C, 5g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle

Chocolate Caramel Cheesecake

1 Caramel Protein Shake (350-400ml)

20-25g [sweetener](#)

7g cheesecake Jello pudding mix

A pinch of salt

Mix-ins/Toppings:

2 Oreo Thins (cream removed)

30g cheesecake bites coated in 2g of crushed graham cracker (~100 calories worth of any cheesecake)

338 cal 31g C, 10g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if powdery
5. Make a hole down to the bottom with a butter knife and fill with the Oreos
6. Run the "Mix-in" cycle
7. Top with the cheesecake pieces and crumbled graham cracker

Impretzively Fudged

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

21g chocolate covered pretzels

Flaky salt

270 cal 24g C, 8g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the pretzels
7. Run the "Mix-in" cycle
8. Sprinkle with flaky salt

Salted Caramel Brownie

1 Salted Caramel Protein Shake (350-400ml)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a [Prime Bites](#) Protein Brownie

270 cal 14g C, 7g F, 40g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the brownie
7. Run the "Mix-in" cycle

Everything But The...

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

7g white chocolate chips

9g peanut butter cups

7g chocolate covered toffee

7g chocolate covered almonds

321 cal 27g C, 14g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the Mix-ins and mix in by hand

Frosted Animal Cookie Blizzard

400g Fat Free Fairlife Milk

40g [sweetener](#)

3g (½ tsp) [cake batter extract](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

24g frosted animal cookies

253 cal 27g C, 5g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the cookies
7. Run the “Mix-in” cycle

Pistachio Pistachio

400g Fat Free Fairlife Milk

30-35g [sweetener](#)

20g pistachio butter (or pistachio cream)

½ tsp sugar-free Pistachio syrup (optional)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g roasted, salted pistachios, chopped

290 cal 18g C, 13g F, 28g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the chopped pistachios
7. Run the “Mix-in” cycle

Frosted Sugar Cookie Blizzard

400g Fat Free Fairlife Milk

35g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

15g protein frosting (can sub with normal frosting)

- Mix 15g of your favorite protein powder with a splash of water (add water very slowly and mix until it becomes a frosting-like consistency)

⅓ of a package of the [Fuul](#) Birthday Cake Cookie Dough bites

(Optional) ½ tsp Christmas-themed sprinkles

281 cal 24g C, 4g F, 37g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Prep the protein frosting
 - In a cup, slowly add water to 15g of protein powder. Stir until it reaches a frosting-like consistency. Refrigerate until you're ready to use it.
3. Run your pint under hot water for at least 60 seconds
4. Spin on "Lite Ice Cream" setting
5. Respin if very powdery
6. Make a hole down to the bottom with a butter knife and fill with the frosting
7. Run the "Mix-in" cycle
8. Top with the cookie dough bites and sprinkles

Cosmic Brownie

1 Chocolate Protein Shake (350-400ml)

20g sweetener

20g black cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

15g Rainbow Candy Coated Chocolate Chips

245 cal 27g C, 8g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the rainbow chips

Brownie Batter Blizzard

1 Chocolate Protein Shake (350-400ml)

20-25g sweetener

10g black cocoa powder

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ of a [Prime Bites](#) Protein Brownie

304 cal 25g C, 10g F, 44g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the chopped up brownie

Oreo McFlurry

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

5 Oreo Thins (cream removed)

233 cal 29g C, 2g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the Oreos
7. Run the "Mix-in" cycle

Salted Caramel Almond

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

10g sliced almonds

7g salted caramel sauce

15g chocolate chips + 2g coconut oil (you can either use this as a mix-in or as a chocolate shell topping)

- For mix-in: right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.
- For topping: after your ice cream reaches your desired consistency, pour the melted chocolate on top and tip pint to each side to spread all around.

288 cal 16g C, 11g F, 25g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if powdery
5. Make a hole down to the bottom with a butter knife and fill with the chocolate (skip this step if you want the chocolate shell topping)
6. Run the "Mix-in" cycle (skip this step if you want the chocolate shell topping)
7. Top with the almonds and salted caramel sauce (+ chocolate if you're doing the shell)

Minter Wonderland

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

20g black cocoa powder

⅛ tsp peppermint extract

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

3 Oreo Thins (cream removed)

10g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

293 cal 30g C, 7g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting if very powdery
5. Make a hole down to the bottom with a butter knife and fill with the Oreos and half of the marshmallows
6. Run the "Mix-in" cycle
7. Top with the rest of the marshmallows

Oatmeal Cream Pie

400g Fat Free Fairlife Milk

40g sweetener

5g (1 tsp) vanilla bean paste (or extract)

1g (¼ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

¾ of an Oatmeal Cream Pie

5g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

283 cal 34g C, 5g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. 1-2 hours before you make your ice cream, put the Oatmeal Cream Pie in the freezer. This allows it to firm up and withstand the power of the Mix-in setting (so it doesn't get completely pulverized)
3. Run your pint under hot water for at least 60 seconds
4. Spin on "Lite Ice Cream" setting
5. Spin on "Respin" setting if very powdery
6. Make a hole down to the bottom with a butter knife, and add ½ of the Oatmeal Cream pie
7. Run the "Mix-in" cycle
8. Top with the marshmallows and the rest of the Oatmeal Cream Pie

Crunchy Cereal Creations

All your childhood favorites, reimagined. Some recipes start with legit cereal milk bases, while others keep it simple and go straight to the crunch. Either way, you'll get bold flavors and nostalgic textures in every bite.

Cereal Milk

For the cereal milk:

400g Fat Free Fairlife Milk

30-40g (1 cup) Frosted Flakes or other cereal of choice

For the base:

All of the cereal milk you made (should be 250-300g)

~100g Fat Free Fairlife Milk (until 400g total of milk)

35-40g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

195 cal 26g C, 0g F, 22g P

Instructions:

1. For the cereal milk, soak the cereal overnight in the 400g of milk
2. Strain the cereal out of the milk and pour the milk in with the other base ingredients
3. Blend all ingredients for the base and freeze (at least 16 hours)
4. Run your pint under hot water for at least 60 seconds
5. Spin on "Lite Ice Cream" setting
6. Spin on "Respin" setting
7. Respin again if powdery

Fruity Pebbles

For the cereal milk:

400g Fat Free Fairlife Milk

30g Fruity Pebbles

For the base:

All of the cereal milk you made (should be 250-300g)

~100g Fat Free Fairlife Milk (until 400g total of milk)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

215 cal 29g C, 0g F, 22g P

Instructions:

1. For the cereal milk, soak the 30g of Fruity Pebbles overnight in the 400g of milk
2. Strain the cereal out of the milk and pour the milk in with the other base ingredients
3. Blend all ingredients for the base and freeze (at least 16 hours)
4. Run your pint under hot water for at least 60 seconds
5. Spin on "Lite Ice Cream" setting
6. Spin on "Respin" setting
7. Respin again if powdery

Cinnamon Toast Crunch

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

3g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

30g Cinnamon Toast Crunch (half mixed in, half on top)

266 cal 34g C, 3g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with half of your cereal
7. Run the "mix-in" cycle
8. Top with remaining cereal

Cookie Crisp

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g Cookie Crisp

199 cal 23g C, 1g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "mix-in" cycle

Banana Peanut Butter Crunch

400g Fat Free Fairlife Milk

30g [sweetener](#)

80g banana

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g Kashi Go Crush - Peanut Butter Crunch

295 cal 40g C, 3g F, 27g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Ice Cream" setting
4. Spin on "Respin" setting if very powdery
5. Make a hole down to the bottom with a butter knife and fill with Mix-ins
6. Run the "mix-in" cycle

Unique Twists

Weird, underrated, and unexpectedly fire. These recipes take big swings with ingredients and flavors that you won't find anywhere else. For the adventurous Creami lover.

Brown Sugar Cinnamon Pop Tart

400g Fat Free Fairlife Milk

40-45g brown sugar zero-calorie [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

3g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Brown Sugar Cinnamon Pop Tart

358 cal 46g C, 7g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "mix-in" cycle

Thai Tea

300g Fat Free Fairlife

100g [Thai Tea](#) (unsweetened)

40g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

15g sweetened condensed milk

172 cal 19g C, 2g F, 18g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the sweetened condensed milk

Salted Caramel Truffle

1 Salted Caramel Fairlife Shake

20g [sweetener](#)

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g Mini Rolos (or any chocolate covered caramels)

10g caramel

252 cal 21g C, 6g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the “mix-in” cycle

Matcha

400g Fat Free Fairlife Milk

4g (2 tsp) matcha

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum
145 cal 12g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Pina Colada

250g pineapple
100g Fat Free Fairlife Milk
20g [sweetener](#)
2-3g (½ tsp) coconut extract
A pinch of salt
1g (¼ tsp) xanthan gum
184 cal 42g C, 0g F, 6g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Berry Crumble

400g Fat Free Fairlife Milk
40-45g [sweetener](#)
70g frozen berries of choice
5g (1 tsp) vanilla bean paste (or extract)
A pinch of salt
1g (¼ tsp) xanthan gum
Crumble Topping:
10g light butter
10g brown sugar zero-calorie [sweetener](#)
10g flour
10g oats
271 cal 33g C, 5g F, 25g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. For the crumble:
 - Melt the butter
 - Combine the rest of the ingredients in a separate bowl
 - Slowly pour the butter into the dry ingredients until the crumbles form
7. Top the ice cream with the crumble

Chocolate Truffle

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Chocolate Deluxe Pure Protein Bar (half mixed-in, half on top)

353 cal 27g C, 9g F, 53g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "mix-in" cycle
8. Top with the remaining half of the bar

Rice Krispy Treat

400g Fat Free Fairlife Milk

35-40g [sweetener](#)

10g Mini Marshmallows

6g Marshmallow Fluff

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g Rice Krispy Treat

273 cal 38g C, 2g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with crumbled up Rice Krispy Treat

Granola Butter

400g Fat Free Fairlife Milk

30g [sweetener](#)

15g Oat Haus Granola Butter

1 tbsp sugar free syrup

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Topping:

15g Oat Haus Granola Butter

300 cal 22g C, 11g F, 26g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Drizzle with Granola Butter

Kitchen Sink

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

14g or 4 Chocolate covered pretzels

8g (4-5 chips) Potato chips or salty chip of choice

256 cal 24g C, 6g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Dulce de Leche

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g (1 tbsp) Dulce de Leche

201 cal 21g C, 1g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Double Chocolate Espresso

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

2g (1 tsp) espresso powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

20g (1 tbsp) chocolate covered espresso beans

276 cal 24g C, 10g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)

2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Pumpkin Pie Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

60g canned pumpkin

2.5g (½ tsp) vanilla bean paste (or extract)

2g (½ tsp) pumpkin pie spice

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Mini Pie crust (100 calories)

258 cal 28g C, 5g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with pie crust
7. Run the "Mix-in" cycle

Pumpkin Cheesecake

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

60g canned pumpkin

30g (2 tbsp) Pumpkin cream cheese (can sub with regular cream cheese + 5g brown sugar sweetener + a dash of cinnamon and pumpkin pie spice)

2.5g (½ tsp) vanilla bean paste (or extract)

2g (½ tsp) pumpkin pie spice

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

½ sheet of a graham cracker

253 cal 26g C, 5g F, 25g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the crumbled up graham crackers

Dark Chocolate Raspberry

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

10g black cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

100g Raspberries (fresh if you want a softer ice cream/mousse-like texture, or frozen if you want a true ice cream texture)

245 cal 26g C, 6g F, 35g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the “Mix-in” cycle

Eggnog

300g Fat Free Fairlife Milk

100g almond nog (or any low fat eggnog)

1 large egg (optional – adds custard-style creaminess, skip if you prefer)

35-40g [sweetener](#)

2g (½ tsp) nutmeg

1g (¼ tsp) cinnamon

A pinch of ground clove

A pinch of salt

0.5g (⅛ tsp) xanthan gum (double this if you’re skipping the egg)

220 cal 13g C, 8g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Peppermint Bark

400g Fat Free Fairlife Milk

40g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

⅛ tsp peppermint extract

1 tsp Peppermint Bark Skinny Syrups (optional)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Peppermint Bark chocolate square or peppermint candies (~70 calories)

205 cal 17g C, 5g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the “Mix-in” cycle

Chocolate Cake Shake

1 Chocolate Protein Shake (350-400ml)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 Legendary Foods Chocolate Cake protein pastry

353 cal 34g C, 12g F, 52g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)

2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with $\frac{3}{4}$ of the crumbled up pastry
7. Run the “Mix-in” cycle
8. Top with the remaining $\frac{1}{4}$ of the pastry

Biscoff (Cookie Butter)

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

1 tsp LorAnn’s Cookie Butter Emulsion (optional)

3g ($\frac{1}{2}$ tsp) cinnamon

A pinch of salt

1g ($\frac{1}{4}$ tsp) xanthan gum

Mix-ins:

3 Lotus Biscoff cookies (crumbled up)

255 cal 29g C, 5g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with cookies and mix in by hand (they will get crushed up too small if you use the “Mix-in” setting)

Graham Central Station

200g Fat Free Fairlife Milk

200g unsweetened almond milk (can sub with milk of choice)

28g ($\frac{3}{4}$ scoop) Graham flavored Protein Powder (I use Black Magic Honey Grahams)

20-25g [sweetener](#)

A pinch of salt

1g ($\frac{1}{4}$ tsp) xanthan gum

Mix-ins:

2 pieces Trader Joe’s Chocolate covered graham crackers (can sub with any kind of chocolate)

318 cal 27g C, 10g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with chocolate
7. Run the “Mix-in” cycle

Apple Pie

400g Fat Free Fairlife Milk

40g [sweetener](#)

2g (½ tsp) cinnamon

A pinch of salt

1g (¼ tsp) xanthan gum

Apple Pie Mix-in:

1 medium apple

20-25g [sweetener](#)

5-10g sugar free syrup

A few sprinkles of cinnamon

A pinch of salt

220 cal 34g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 24 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if necessary
5. For the Apple Pie Filling:
 - Chop the apple into ½ inch cubes
 - Place in a bowl and top with the sugar substitute, syrup, cinnamon, and salt
 - Simmer on the stove (or microwave in 30 second increments) until the apples become soft (takes about 10 min on the stove, 2 min in the microwave)
 - Refrigerate for at least 1 hour before using as a mix-in (it will melt the ice cream if you skip this step!!)
6. Make a hole down to the bottom with a butter knife and fill with pie filling
7. Run the “Mix-in” cycle

Pumpkin Bread Crumble

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 [Prime Bites](#) Pumpkin Spice Brownie (can sub with any kind of pumpkin bread or cookie)

375 cal 31g C, 11g F, 41g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with brownie
7. Run the “Mix-in” cycle

Root Beer Float

8 oz Vanilla Protein Shake

8 oz diet root beer (A&W is the best diet root beer)

116 cal 3g C, 2g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if powdery
5. Respin again if powdery

Cinnamon Roll

400g Fat Free Fairlife Milk

1 scoop Cinnamon Roll flavored protein powder (I used Ghost’s Cinnabon Caramel Pecan)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

265 cal 14g C, 1g F, 47g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Peppermint Brownie

400g Fat Free Fairlife Milk

40g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

⅛ tsp peppermint extract

1 tsp Peppermint Bark Skinny Syrups (optional)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 package [Prime Bites](#) Chocolate Fudge Mini Muffins (195 cal 15g pro; can sub with any chocolate muffin)

330 cal 28g C, 10g F, 37g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with mini muffins
7. Run the “Mix-in” cycle

Peppermint Mocha

1 Chocolate Protein Shake (350-400ml)

1 shot of espresso

⅛ tsp peppermint extract

1 tsp Peppermint Bark Skinny Syrups (optional)

20g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

173 cal 10g C, 4g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)

2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery

Chocolate Peanut Butter Oreo

1 Chocolate Protein Shake (350-400ml)

10g [sweetener](#)

10g cocoa powder

½ scoop Peanut Butter protein powder (I use [RAW](#) Peanut Butter Protein) (can sub with 2 tbsp of PB powder like PB Fit)

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins

353 cal 29g C, 11g F, 46g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Mix-ins
7. Run the "Mix-in" cycle

Hot Cocoa

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

30g mini marshmallows

273 cal 34g C, 4g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting

5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with half of your marshmallows
7. Run the "Mix-in" cycle
8. Top with the remaining marshmallows

Little Debbie Christmas Tree Cakes

400g Fat Free Fairlife Milk

1 scoop Ryse Little Debbie Christmas Tree Cakes Protein Powder

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

275 cal 15g C, 2g F, 47g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with festive sprinkles (optional)

Salted Caramel Oreo

1 Salted Caramel Protein Shake (350-400ml)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

3 Oreo Thins

265 cal 20g C, 7g F, 31g P

Instructions:

8. Blend all ingredients for the base and freeze (at least 16 hours)
9. Run your pint under hot water for at least 60 seconds
10. Spin on "Lite Ice Cream" setting
11. Spin on "Respin" setting
12. Respin again if powdery
13. Make a hole down to the bottom with a butter knife and fill with Mix-ins
14. Run the "mix-in" cycle

Strawberry Matcha

1 Strawberry Protein Shake (350-400ml)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

For the Matcha Hard Shell:

30g (2 tbsp) white chocolate chips

¼ tsp matcha powder

2g coconut oil

317 cal 20g C, 13g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Combine all the ingredients for the hard shell in a microwave safe dish
7. Microwave the mixture in 30 second increments until it is smooth enough to pour
8. Pour the chocolate mixture over the ice cream
9. Freeze until the chocolate shell hardens

Blueberry Pie

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/Toppings:

50g frozen blueberries

2 Nilla Wafers, crumbled (can sub with graham crackers or shortbread)

211 cal 12g C, 4g F, 31g P

Instructions:

17. Blend all ingredients for the base and freeze (at least 16 hours)
18. Run your pint under hot water for at least 60 seconds
19. Spin on “Lite Ice Cream” setting
20. Spin on “Respin” setting
21. Respin again if powdery
22. Make a hole down to the bottom with a butter knife and fill with blueberries
23. Run the “Mix-in” cycle
24. Top with the crumbled up Nilla Wafers

Banana Pudding

400g Fat Free Fairlife Milk

30g [sweetener](#)

50g or ½ medium size banana

10g (1 tbsp) banana cream jello pudding mix

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

Toppings:

18g (6 tbsp) Fat Free Reddiwhip (can sub with any whipped cream)

2 Nilla Wafers, crumbled (can sub with graham crackers or shortbread)

276 cal 39g C, 2g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting (if necessary)
5. Respin again if powdery
6. Top with whipped cream and Nilla wafer crumbles

Carrot Cake

400g Fat Free Fairlife Milk

40g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

100g (1 medium sized) carrot

1g (¼ tsp) cinnamon

0.5g (⅛ tsp) pumpkin pie spice

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

Protein Frosting

- 50g nonfat greek yogurt mixed with 2g of sugar free jello pudding mix (any flavor will work)

5g chopped pecans

5g shredded coconut (unsweetened)

282 cal 20g C, 7g F, 29g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds

3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting (if necessary)
5. Top with protein frosting, pecans, and coconut

Vietnamese Iced Coffee

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

1 tbsp instant coffee

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

27g sweetened condensed milk

220 cal 25g C, 2g F, 24g P

Instructions:

7. Blend all ingredients for the base and freeze (at least 16 hours)
8. Run your pint under hot water for at least 60 seconds
9. Spin on "Lite Ice Cream" setting
10. Spin on "Respin" setting
11. Respin again if powdery
12. Top with the sweetened condensed milk

Dubai Chocolate

400g Fat Free Fairlife Milk

30-35g [sweetener](#)

20g pistachio butter (or pistachio cream)

½ tsp sugar-free Pistachio syrup (optional)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

10g [shredded kataifi](#)

15g chocolate chips + 3g coconut oil (using slightly more coconut oil so the melted chocolate spreads more easily)

346 cal 30g C, 16g F, 27g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting

4. While this is spinning, melt the chocolate with the coconut oil in the microwave - 30 second intervals until fully melted
5. Spin on "Respin" setting if necessary
6. Top with the kataifi and melted chocolate
7. Freeze until the chocolate hardens (5 min or as long as you can wait)

Americone Dream

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/Toppings:

1 serving (6 mini cones) [Chocolate-filled waffle cone bites](#)

7g caramel syrup

300 cal 27g C, 7g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the crumbled up waffle cone bites
7. Drizzle with caramel syrup

Lights Caramel Action

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/Toppings:

⅓ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

½ sheet of a graham cracker

7g caramel syrup

289 cal 24g C, 6g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds

3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the cookie dough and crumbled graham cracker
7. Drizzle with caramel syrup

Netflix & Chill'd

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

8g (½ tbsp) Peanut Butter

16g (2 tbsp) PB Fit

1g (¼ tsp) salt

1g (¼ tsp) xanthan gum

Toppings:

10g crushed up pretzels

½ of a [Prime Bites](#) Protein Brownie

399 cal 29g C, 13g F, 41g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with pretzels and crumbled up brownie pieces

Cotton Candy Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

1g (¼ tsp) [LorAnn](#) Cotton Candy flavoring

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

*Use whatever kind of pink and purple sprinkles or candy you can find. I'm not including them in the macros because they will vary greatly depending on what you use.

133 cal 10g C, 0g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting

4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with sprinkles/candy, and mix in by hand

Cake Batter Cookie Dough Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) [cake batter extract](#)

A pinch of salt

1g (¼ tsp) xanthan gum

1-2 drops blue food coloring (optional)

Toppings:

½ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

5g rainbow sprinkles

293 cal 33g C, 5g F, 29g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Top with the cookie dough bites and sprinkles, and mix in by hand

Brown Butter Banana Bread

400g Fat Free Fairlife Milk

40g [sweetener](#)

1 medium size banana (~90g)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Toppings:

2 [Prime Bites](#) Chocolate Chip Mini Muffins fried in 2g of butter

351 cal 43g C, 8g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Ice Cream” setting
4. Spin on “Respin” setting if very powdery

5. Brown 2g of butter in a small pan over medium heat for 30–60 seconds, until golden and nutty
6. Cut 2 Prime Bites Mini Muffins in half
7. Lightly fry muffin halves in the browned butter for 2–3 minutes until edges are crisp, then set aside to cool
8. Once ice cream is fully spun, scoop into a bowl and top with the fried muffin halves
9. (Optional) drizzle any remaining browned butter over the top for extra flavor

Frosted Lemonade

400g zero sugar lemonade (my favorite is the one from Minute Maid)

1 scoop vanilla protein

The zest and juice of a ¼-½ of a lemon

⅛ tsp xanthan gum

10g sweetener

130 cal 2g C, 2g F, 25g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery

Marshmallow Sky

400g Fat Free Fairlife Milk

40g [sweetener](#)

15g mini marshmallows

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

1-2 drops blue food coloring (optional)

Toppings:

½ of a package of the [Fuul](#) Chocolate Chip Cookie Dough bites

5g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

332 cal 45g C, 4g F, 29g P

Instructions:

1. Blend all ingredients for the base (marshmallows included) and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds

3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the cookie dough bites and marshmallows, and mix in by hand

Gimme S'mores

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

15g toasted mini marshmallows

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g chocolate chips + 2g coconut oil

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

2 Oreo Thins, cream removed

½ sheet of a graham cracker

2.5g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

352 cal 39g C, 11g F, 32g P

Instructions:

1. Toast the mini marshmallows
2. Blend all ingredients for the base (marshmallows included) and freeze (at least 16 hours)
3. Run your pint under hot water for at least 60 seconds
4. Spin on "Lite Ice Cream" setting
5. Respin if powdery
6. Make a hole down to the bottom with a butter knife and fill with the melted chocolate and Oreos
7. Run the "Mix-in" cycle
8. Top with the mini marshmallows and crumbled up graham cracker

Peanut Butter World

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

2 Oreo Thins, cream removed

15g peanut butter chips + 2g coconut oil + a pinch of salt

- Right before the Mix-In cycle, combine the peanut butter chips, coconut oil, and salt, and melt in the microwave (30 sec intervals, stirring in between). Then, hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into a beautiful peanut butter swirl!

301 cal 24g C, 11g F, 35g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with Oreos and melted peanut butter chips
7. Run the "Mix-in" cycle

Churray for Churros

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

0.5g (1/8 tsp) butter extract

2-3g (1/2 tsp) cinnamon

A pinch of salt

1g (1/4 tsp) xanthan gum

Toppings:

1 [Prime Bites](#) Glazed Cinnamon Roll Protein Brownie (chopped and coated in a sprinkle of cinnamon and sweetener)

353 cal 29g C, 9g F, 41g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Top with the Brownie pieces and mix in by hand

Royal Reese's Fluffernutter Blizzard

1 Vanilla Protein Shake (350-400ml)

20-25g [sweetener](#)

2.5g (½ tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/Toppings:

11g Reese's PB Cups, chopped into small pieces

18g (3 tbsp) marshmallow creme (same thing as Marshmallow fluff)

10g peanut butter chips + 1.5g coconut oil + a pinch of salt

- Right before the Mix-In cycle, combine the peanut butter chips, coconut oil, and salt, and melt in the microwave (30 sec intervals, stirring in between). Then, hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into a beautiful peanut butter swirl!

322 cal 27g C, 11g F, 33g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting (if powdery)
5. Make a hole down to the bottom with a butter knife and fill with the chopped PB cups and melted PB chip mixture
6. Run the "Mix-in" cycle
7. Make a hole down to the bottom with a butter knife (if there isn't one already - there should already be one because we aren't using a full pint's worth of liquid) and fill with the marshmallow creme

Mexican Chocolate

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

2g (½ tsp) cinnamon

2-3 sprinkles cayenne pepper (Be careful with this! It gets very spicy very fast)

A pinch of salt

1g (¼ tsp) xanthan gum

175 cal 10g C, 4g F, 32g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting

5. Respin again if powdery

Baked Alaska

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

15g white chocolate chips mixed with 2g of coconut oil

- Right before the Mix-In cycle, combine 15g of white chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

263 cal 29g C, 6g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the melted white chocolate and ¾ of your marshmallows
7. Run the "Mix-in" cycle
8. Top with the rest of the marshmallows

Reese's Caramel Craze Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g Mini Reese's PB Cups

12g (2 pieces) Rolos (or any chocolate covered caramels)

10g chocolate chips mixed with 1.5g of coconut oil

- Right before the Mix-In cycle, combine 10g of chocolate with 1.5g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in

the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

295 cal 30g C, 10g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the melted chocolate, chopped PB cups, and chopped Rolos
7. Run the "Mix-in" cycle

Chai

400g Fat Free Fairlife Milk

1 heaping tbsp loose Chai tea

40-45g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

135 cal 10g C, 0g F, 22g P

Instructions:

1. Heat milk on low with loose Chai tea for 7-10 minutes, or until it reaches your desired spice level
2. Strain out the tea leaves and let the milk cool completely
3. Blend milk with remaining ingredients for the base (do NOT include the loose tea - throw that out after steeping)
4. Freeze the mixture for at least 16 hours
5. Run your pint under hot water for at least 60 seconds
6. Spin on "Lite Ice Cream" setting
7. Spin on "Respin" setting
8. Respin again if powdery

One Love

400g Fat Free Fairlife Milk

40g [sweetener](#)

1 medium size banana (~100g)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

15g chocolate chips + 2g coconut oil

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

3g crushed graham cracker

5g caramel syrup

329 cal 48g C, 7g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Ice Cream" setting
4. Spin on "Respin" setting if very powdery
5. Make a hole down to the bottom with a butter knife and fill with the melted chocolate
6. Run the "Mix-in" cycle
7. Top with the crumbled graham cracker
8. Drizzle with caramel syrup

Caramel Apple

1 Caramel Protein Shake

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Apple Filling:

1 medium apple

20-25g [sweetener](#)

5-10g sugar free syrup

A few sprinkles of cinnamon

A pinch of salt

Toppings:

7g caramel syrup

277 cal 36g C, 4g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 24 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting

4. Spin on "Respin" setting if necessary
5. For the Apple Filling:
 - Chop the apple into ½ inch cubes
 - Place in a bowl and top with the sugar substitute, syrup, cinnamon, and salt
 - Simmer on the stove (or microwave in 30 second increments) until the apples become soft (takes about 10 min on the stove, 2 min in the microwave)
 - Refrigerate for at least 1 hour before using as a mix-in (it will melt the ice cream if you skip this step!!)
6. Make a hole down to the bottom with a butter knife and fill with apple filling
7. Run the "Mix-in" cycle
8. Top with the caramel syrup

Tiramisu Topped

400g Fat Free Fairlife Milk

40g [sweetener](#)

15g mascarpone

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

10g Highkey Vanilla Wafers (can sub with Nilla Wafers)

10g chocolate covered espresso beans (mix in all but one - save one bean, chop it up finely and top with it at the end)

15g (1 tbsp) [Lakanto Chocolate Sauce](#) (can sub with any sugar-free chocolate syrup except Hershey's - it sucks)

303 cal 26g C, 14g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting (if necessary)
5. Make a hole down to the bottom with a butter knife and fill with the chopped espresso beans and wafers
6. Run the "Mix-in" cycle
7. Top with the chocolate syrup and the last chopped up bean

Pecan Pie

400g Fat Free Fairlife Milk

40g [brown sugar substitute](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

10g pecan pralines (or regular pecans)

1 Mini Pie crust (100 calories)

291 cal 29g C, 8g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting (if necessary)
5. Make a hole down to the bottom with a butter knife and fill with the chopped pecans and pie crust
6. Run the “Mix-in” cycle

Chocolatey Love A-fair

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a [Hormbles Chormbles](#) (protein chocolate bar with 100 cal and 10g pro)

12g (2 pieces) Rolos, chopped (or any chocolate covered caramels)

7g caramel syrup

299 cal 27g C, 9g F, 38g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the chopped chocolate and Rolos
7. Run the “Mix-in” cycle
8. Top with the caramel syrup

Chocolate Covered Strawberry

1 Strawberry Protein Shake (350-400ml)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

1 heaping tablespoon of strawberry jam (I used Low Sugar Smuckers)

15g chocolate chips + 2g coconut oil

- Right before the Mix-In cycle, combine 15g of chocolate with 2g of coconut oil, melt in the microwave (30 sec intervals, stirring in between), hollow out a hole in the center of the base, and pour in. After spinning on the Mix-In setting, it'll turn into perfect, creamy chocolate chips.

258 cal 19g C, 9g F, 31g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting
5. Respin again if powdery
6. Make a hole down to the bottom with a butter knife and fill with the strawberry jam and melted chocolate
7. Run the "Mix-in" cycle

Candy Bar

400g Fat Free Fairlife Milk

40g [sweetener](#)

5g (1 tsp) vanilla bean paste (or extract)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

40g of your favorite chocolate candy bars, chopped (macros account for equal amounts of Hershey's Bars, Reese's, Almond Joy, and Kit Kat)

337 cal 34g C, 11g F, 24g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on "Lite Ice Cream" setting
4. Spin on "Respin" setting (if necessary)

5. Make a hole down to the bottom with a butter knife and fill with the chopped candy bars
6. Run the “Mix-in” cycle

Choco-lotta Cheesecake Sundae

1 Chocolate Protein Shake (350-400ml)

20-25g [sweetener](#)

22g (2 tbsp) whipped (or regular) cream cheese

10g cocoa powder

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins/toppings:

3 Oreo Thins (cream removed)

10g (4 tbsp) Fat Free Reddiwhip (or any whipped cream)

¼ of a Salted Fudge [Hormbles Chormbles](#), chopped (protein chocolate bar with 100 cal and 10g pro)

10g (2 tsp) [Lakanto Chocolate Sauce](#)

328 cal 30g C, 12g F, 36g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if powdery
5. Make a hole down to the bottom with a butter knife and fill with the Oreos
6. Run the “Mix-in” cycle
7. Top with the whipped cream, chocolate sauce, and chopped chocolate bar pieces

Red Velvet Cake

1 Chocolate Protein Shake (350-400ml)

1 tsp Red Velvet extract (I used LorAnn’s Red Velvet Bakery Emulsion)

20-25g [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Mix-ins:

½ of a [Prime Bites](#) Red Velvet Brownie

270 cal 13g C, 9g F, 40g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)

2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if powdery
5. Top with the chopped brownie pieces and mix in by hand

Banana Bread Matcha

400g Fat Free Fairlife Milk

40g [sweetener](#)

1 small banana (~100g)

5g (1 tsp) vanilla bean paste (or extract)

4g (2 tsp) matcha

1g (¼ tsp) cinnamon

A dash of nutmeg

A pinch of salt

1g (¼ tsp) xanthan gum

232 cal 31g C, 0g F, 23g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if powdery

Snowdrift Blizzard

400g Fat Free Fairlife Milk

40-45g [sweetener](#)

5g (1 tsp) [cake batter extract](#)

A pinch of salt

1g (¼ tsp) xanthan gum

1-2 drops blue food coloring (optional)

Mix-ins/toppings:

3 Oreo Thins (cream removed)

10g mini lucky-charms-style marshmallows (I used the ones from Jet Puffed)

233 cal 31g C, 1g F, 22g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting
4. Spin on “Respin” setting if very powdery

5. Make a hole down to the bottom with a butter knife and fill with the Oreos and half of the marshmallows
6. Run the “Mix-in” cycle
7. Top with the rest of the marshmallows

Splendid Soft Serve

You can turn any of my base recipes into soft serve with the Ninja Swirl (or the original Creami if you spin it enough times). These recipes are simply ones that I usually only eat as soft serve

Tart Frozen Yogurt

340g (1.5 cups) nonfat greek yogurt

60g (¼ cup) low fat buttermilk

30g (2 tbsp) lemon juice

40-50g (¼ cup) [sweetener](#)

205 cal 15g C, 1g F, 38g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting (or Frozen Yogurt if you have the newer machines)
4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

1. Replace the spinning paddle with the dispensing lid
2. Place the pint into the soft serve side of the Swirl and lock into place
3. Open the nozzle of the lid
4. Dispense!!

Dole Whip

170g (1 cup) pineapple (canned, fresh, or frozen)

60g or about ½ of a medium banana

180g (¾ cup) unsweetened coconut milk

20-30g (2 tbsp) [sweetener](#) (optional but recommended)

A splash of vanilla bean paste (or extract)

232 cal 49g C, 4g F, 2g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)

2. Run your pint under hot water for at least 60 seconds
3. Spin on “Smoothie Bowl” setting (or Fruit Whip if you have the newer machines)
4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

1. Replace the spinning paddle with the dispensing lid
2. Place the pint into the soft serve side of the Swirl and lock into place
3. Open the nozzle of the lid
4. Dispense!!

Peaches and Cream Frozen Yogurt

1 cup peaches (canned, fresh, or frozen)

150g (1 small container) high protein vanilla yogurt

240g (1 cup) Fat Free Fairlife Milk

25g (2 tbsp) [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

271 cal 37g C, 0g F, 28g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting (or Frozen Yogurt if you have the newer machines)
4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

1. Replace the spinning paddle with the dispensing lid
2. Place the pint into the soft serve side of the Swirl and lock into place
3. Open the nozzle of the lid
4. Dispense!!

Fruit Sorbet

1 can (~400 g) fruit of your choice (mangos, peaches, pears, etc.)

25g (2 tbsp) [sweetener](#)

A pinch of salt

1g (¼ tsp) xanthan gum

Calories will vary based on which fruit you use. Expect a macronutrient profile of 100% carbs

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Sorbet” or “Smoothie Bowl” setting (or Fruit Whip if you have the newer machines)
4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

1. Replace the spinning paddle with the dispensing lid
2. Place the pint into the soft serve side of the Swirl and lock into place
3. Open the nozzle of the lid
4. Dispense!!

Fruit Sorbet (viral version)

1-1.5 cups of your favorite fruit (grapes or watermelon are my favorite!)

Sprite Zero until the fill line

Calories will vary based on which fruit you use. Expect a macronutrient profile of 100% carbs

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Sorbet” setting
4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

5. Replace the spinning paddle with the dispensing lid
6. Place the pint into the soft serve side of the Swirl and lock into place
7. Open the nozzle of the lid
8. Dispense!!

Vanilla Bean Frozen Yogurt

340g (1.5 cups) nonfat greek yogurt

5g (1 tsp) vanilla bean paste (or extract)

40-50g (¼ cup) [sweetener](#)

180 cal 10g C, 0g F, 34g P

Instructions:

1. Blend all ingredients for the base and freeze (at least 16 hours)
2. Run your pint under hot water for at least 60 seconds
3. Spin on “Lite Ice Cream” setting (or Frozen Yogurt if you have the newer machines)

4. Spin on “Respin” setting until it reaches your desired texture

If you have the Ninja Swirl, follow these extra steps:

1. Replace the spinning paddle with the dispensing lid
2. Place the pint into the soft serve side of the Swirl and lock into place
3. Open the nozzle of the lid
4. Dispense!!

Sundae Fun Day

Some days just call for something extra. Whether it's a cozy night in or a celebration treat, these sundaes layer high-protein Creami bases with warm, crunchy, gooey toppings to create next-level desserts — all while still being macro-friendly.

Here are some ideas to curb your cravings:

Salted Caramel Brownie Sundae

Ice Cream Base Options:

- [Caramel](#)
- [Salted Caramel Truffle](#)
- [Salted Caramel Oreo](#)

How to Build:

1. Warm a [Prime Bites](#) Brownie in the microwave for 10–15 seconds
2. Scoop your ice cream on top
3. Drizzle with salted caramel syrup

Brownie Blast Sundae

Ice Cream Base Options:

- [Chocolate](#)
- [Chocolate Fudge Brownie](#)
- [Death by Chocolate](#)

How to Build:

1. Warm a [Prime Bites](#) Brownie in the microwave for 10–15 seconds
2. Scoop your ice cream on top
3. Drizzle with sugar-free chocolate syrup
4. Top with fat-free Reddi-wip and a pinch of mini chocolate chips

Banana Split Sundae

Ice Cream Base Options:

- [Banana](#)
- [Strawberry Banana](#)

How to Build:

1. Slice a banana in half and place in bowl
2. Scoop your ice cream on top
3. Top with sliced strawberries, whipped cream, and crushed nuts
4. Drizzle with sugar-free chocolate or caramel syrup

S'mores Sundae

Ice Cream Base Options:

- [S'mores](#)
- [Rocky Road](#)

How to Build:

1. In a bowl, microwave mini marshmallows for ~10 seconds
2. Scoop your ice cream into that same bowl
3. Top with crushed graham crackers and more marshmallows
4. Drizzle with sugar-free chocolate syrup

PB Cup Madness Sundae

Ice Cream Base Options:

- [Chocolate Peanut Butter](#)
- [Peanut Butter Half Baked](#)
- [PB Cup](#)

How to Build:

1. Scoop your ice cream into a bowl
2. Add chopped mini peanut butter cups (about 15g)
3. Top with crushed Oreo Thins (optional)
4. Drizzle with PB Fit (mixed with water until smooth)

Red Velvet Sundae

Ice Cream Base Options:

- [Red Velvet](#)

How to Build:

1. Warm a [Prime Bites](#) Red Velvet Brownie in the microwave for 10 seconds
2. Scoop your ice cream on top
3. Top with sugar-free white chocolate chips
4. Drizzle with chocolate syrup or top with festive sprinkles

Birthday Bash Sundae

Ice Cream Base Options:

- [Birthday Cake](#)
- [Cake Batter](#)

How to Build:

1. Warm a [Prime Bites](#) Birthday Cake Brownie in the microwave for 10 seconds
2. Scoop your ice cream on top
3. Top with rainbow sprinkles and whipped cream

Peach Cobbler Sundae

Ice Cream Base Options:

- [Peaches and Cream FroYo](#)

How to Build:

1. Warm canned peaches with sweetener, oats, and a dash of cinnamon (or use premade peach pie filling)
2. Scoop your ice cream into a bowl
3. Top with the warm peaches and cinnamon oat crumble
4. Drizzle with sugar-free syrup (optional)