

Trim Healthy  
W I S D O M

## Even Better Tummy Tucking Ice Cream (FP)

Basic vanilla version with suggested flavor options

This is your perfect after-dinner light ice cream. It is not protein-rich—it is not supposed to be. It goes perfectly with any meal or snack that has already given you ample protein and calories, and now you just feel like a little something, light, sweet, and creamy without overdoing the density. If you want a protein-rich ice cream, you'll want to make the *Basic Ninja Ice Cream*.

This is an even better (and definitely easier) version of the Tummy Tucking Ice Cream that was in our first [Trim Healthy Mama book](#). But that one took freezing the base first in ice cube trays and then blending in a food processor (which was a bit of a chore). The Ninja Creami arrived on the scene, and now the task is easy. You got this!

2 – 3 servings for an after-dinner delight

### INGREDIENTS:

- 2 tsp [TH Just Gelatin](#)
- 1 Tbs cold water and 1½ Tbs hot water
- 12 ounces unsweetened nut milk or lean kefir
- 1-2 Tbs [TH Gentle Sweet](#)
- 1-2 tsp [TH Natural Burst Vanilla Extract](#)  
[or extract of choice \(a full 2 tsp is perfect for the basic vanilla option\)](#)
- 2 pinches [TH Mineral Salt](#)
- ¾ tsp [TH Glucomannan \("gluccie"\)](#)

### INSTRUCTIONS:

1. Put the gelatin and cool water in a small bowl. Stir then allow to sit for a couple minutes. Add hot water, stir then add to blender.
2. Put all other ingredients in the blender. Blend until just incorporated without over-blending to avoid getting too frothy.



3. Pour into one Ninja Creami container. Freeze for 24 hours.
4. After frozen, put the container in your Ninja Creami and process using the LITE ICE CREAM function.
5. Then take the lid off, make a hole in the middle, and add about 2 Tbs of liquid. This can be 1½ Tbs of nut milk (or kefir) and ½ Tbs heavy cream or tahini, OR 2 Tbs nut milk (or kefir) alone, OR 2 Tbs Nutpods. Put the lid back on and RE-SPIN! You may need to use the RE-SPIN function more than once... until it's as creamy as you want.

### Other Flavor Options:

Strawberry: Add ½ - 1 cup frozen strawberries and blend well.

Chocolate: Add 2 Tbs unsweetened cocoa, increase sweetener as needed, and add an additional pinch of salt.

TH Hydrates: Add one of our [TH Hydrate](#) stick packs or 1 tsp (or to taste) of our bulk flavors. Lemon Love is a great combination with kefir... or try our Cherry Berry! Get creative!

### Protein Nerd Notes:

This ice cream does not have sufficient protein. It has just a little bit in the gelatin, but your protein profile is not complete, and it is low. Use this ice cream after a meal or snack that fulfills all your Protein Nerd Level 3 requirements.