

Trim Healthy
W I S D O M

Basic Ninja Creami Ice Cream (FP or S)

With Vanilla, Chocolate and Dairy-Free Options

This is a wonderful, protein-rich, no-fail base for any ice cream recipe you want to create in the Ninja Creami. Since it is choc-full of protein, you can eat the whole portion for your meal or a large snack... yep, ice cream for your full meal with no guilt! Or, you can just have a smaller portion for dessert or share with family members. The vanilla version is really just a foundation for your creativity. Using TH Natural Burst Pecan Extract in place of vanilla is epic! Then, with just a few chopped pecans for FP or more for S, you have something totally crave-worthy. Ample Mix-Ins like peanut butter or on-plan chocolate chips will make it an S, of course, but they are all sorts of delicious mixed into this base.

You may be wondering... how can I make this an E? One way to do that is with a rum and raisin version. We're from down under, and that is a very popular flavor in our home country of New Zealand. Use rum extract in place of vanilla, and add raisins as your Mix-In.

Single Serve (or multiple servings)

INGREDIENTS:

Vanilla

- 10 oz unsweetened almond milk
- 4 Tbs [TH Optimized Whey Protein Powder Vanilla Flavor](#)
- 1 dash [TH Natural Burst Vanilla Extract](#) (or another extract of choice – try pecan!)
- Generous pinch [TH Mineral Salt](#)
- 1½ Tbs [TH Gentle Sweet](#)

Chocolate

- 10 oz unsweetened almond milk
- 4 Tbs [TH Optimized Whey Protein Powder Chocolate Flavor](#)
- 1 dash [TH Natural Burst Vanilla Extract](#)
- 3-4 generous pinches [TH Mineral Salt](#)



- 1½ Tbs [TH Gentle Sweet](#)
- 2 Tbs cacao powder or cocoa powder (unsweetened)

Dairy Free

- 10 oz unsweetened almond milk
- 3 Tbs [TH Optimized Plant Protein Powder](#)
- 1 dash [TH Natural Burst Vanilla Extract](#)
(or another extract of choice – try pecan!)
- Generous pinch [TH Mineral Salt](#)
- 2 Tbs [TH Gentle Sweet](#) (or slightly more to taste)

Optional Toppings/Mix-Ins

- Peanut butter or other nut butter of choice
- On-plan chocolate chips
- Nuts or seeds (pecans are great if using TH Natural Burst Pecan Extract)
- Goji berries or raisins for an E

INSTRUCTIONS:

1. Add ingredients to the blender. Blend until just incorporated without over-blending to avoid getting too frothy.
2. Pour into one Ninja Creami container. Freeze for 24 hours.
3. After frozen, put the container in your Ninja Creami and process using the LITE ICE CREAM function.
4. Then take the lid off, make a hole in the middle, and add about 2 Tbs of nut milk. Put the lid back on and RE-SPIN!
5. Add desired Mix-Ins and use the MIX-IN function on your Ninja Creami or choose just to sprinkle them on top of your serving.

Protein Nerd Notes:

If you have the entire recipe, you are well covered for your Protein Nerd Level 3 requirements. If having it just as a snack, you'll need more protein. Perhaps have a half serving of TH ESSENTIAL in some water. Alternatively, smaller amounts of this ice cream can be eaten right after a meal that doesn't have enough protein and will help you all the way to Nerd 3 amounts.