

Dynas' Ultimate NINJA CREAMI Cookbook

For Sugar Free* Protein Ice Cream

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General Info on Ingredients

The **Base Recipe** for ALL Creami's is below. From here, it's just tweaking ingredients. If a recipe calls for additional ingredients, I usually reduce the unsweetened almond Milk by the amount. Extra Dry ingredients, I usually don't worry about too much, as I always pour the Fairlife Skim Milk last up to the fill line. So, when I say 1 cup, it might be 7/8 of a cup. Cooking is an art as much as a science; no need to be super specific. The only real sugar is coming from the Fairlife Milk, but is just a couple of grams. Exact amounts in Vanilla Recipe Below.

Main Ingredients

- Fairlife Skim Milk, Or Carbmater, Can Substitute with 2% Milk if desired
- Unsweet Vanilla Almond milk
- 1 scoop of Gold Standard Casein Whey Vanilla Ice Cream protein powder (or preferred brand/flavor. I also like Ryse)
- 1 Tablespoon Sugar Free Vanilla Pudding (Or another flavor)
- 1 Tablespoon Allulose (other sweeteners can be tried, Monk Fruit, Erythritol, sugar)
- Salt
- Xanthan Gum (Not necessary, but helps with consistency)
- Vanilla Extract (Or other Flavors)

***Note:** Underlined ingredients indicate changes or unique ingredients for that recipe.

Other Ingredients

Cocoa Powder, Peanut Butter Powder, Cinnamon, All Spice, Nutmeg, various fruits, coffee, carrot juice, pumpkin puree, cream cheese, flavor extracts, coffee & baking syrups

Common Mix-ins/Toppings

Sugar Free Chocolate Chips, Sugar Free Peanut Butter Chips, Candy Bars, Graham Crackers, Nilla Wafers, Cookies, Cream Cheese, Fruits, Sprinkles, nuts, Chocolate syrup, Caramel syrup, Cool Whip, Cinnamon, Nutmeg, Allspice, anything else you might want on ice cream

Common Abbreviations: SF = Sugar Free; LF = Low Fat; PB = Peanut Butter; tbsp = tablespoon; tsp = teaspoon

Directions

1. Whisk **dry** ingredients in pint: Protein powder, pudding, allulose, salt, and any other additional dry ingredients like cocoa powder. Get a good mix before adding wet stuff.
2. Add **wet** ingredients into the pint. Make sure to stir well. I use a butter knife and scrape all the dry residue off the side. I know you can use wet first, to mitigate this, but sometimes the milk amounts need to vary a bit in order **NOT** to go above the fill line, and this is the best way in my experience.
3. Pour mix into a blender and run on the 2nd lowest setting for 7-10 seconds. Blenders vary; you might have to tinker with this a bit. This will add air into the Creami mix. When you pour it back into the pint, it usually comes above the fill line, almost to the rim! This is ok as long as your original mix pre-blended was below, you're fine. The air will settle out.
4. Freeze pint 24 hours. I have pulled pints as early as 12 hours, and it does some interesting things with the texture, such as a Wendy's Frosty-type consistency.
5. Run the Creami on the Ice Cream mix.
6. Remove the pint and run under warm water for 30 seconds to melt the ice crystals on the side and bottom.
7. If using mix-ins, eat a hole down the middle all the way to the bottom of the pint! Add your mix-ins and run the pint again on "Mix-in" flavor.
- 7b. Optional: Sometimes you need a re-spin. In my experience, this is usually only if I eat half a pint and save the rest. It will have a powder/clumpy texture. If so, just run the re-spin setting right after the mix-in setting.
8. Add toppings if desired and enjoy!

Notes on Macros & Toppings: The base recipe is sugar-free*(Milk has a bit), high protein. The toppings and mix-ins can **QUICKLY** add up, so be careful. I usually eat the Creami base when in a cutting phase for my diet, and if bulking, I'll add mix-ins. This is totally subjective and shouldn't change the flavor profile too much. As always, be mindful of portion size on mix-ins! Most mix-ins and Toppings should be considered **OPTIONAL**. You can still get a strong flavor profile without these, with some exceptions.

Important Note: You can cut calories by making it without the Protein powder, but the taste will suffer greatly. Find a good brand of protein powder with a taste you like. It matters A LOT!

Macros for Creami Base Recipe

Ingredient	Calories	Protein	Carbs	Fat	Sugar	Portion Size
Fairlife Skim Milk (or equivalent)	80	14	6	0.3	6	1 cup
Almond milk	23	0.8	0.8	1.9	0	3/4 Cup
Protein powder	120	24	3.4	1	1	1 Scoop
SF pudding	9	0	2	0.2	0	1 Tbsp
Allulose	0	0	4	0	0	1 Tbsp
Vanilla Extract	3	0	0.8	0	0	1/4 teaspoon or 1 teaspoon
TOTALS	235	38.8	17	3.4	7	

Common Toppings & Mix-ins:

Ingredient	Calories	Protein	Carbs	Fat	Sugar	Portion Size
Cool Whip	25	0	3	1.5	2	2 Tbsp/9 gr
Lite Cool Whip	20	0	3	1	1	2 Tbsp/9 gr
Cream Cheese	105	1.8	1.7	10.3	1.1	2 Tbsp
Low-Fat Cream Cheese	60	2.4	2.4	4.6	1.7	2 Tbsp
Sprinkles	40	0	6	2	4	2 Tbsp
SF Chocolate Chips	69	1.2	3.6	5.6	0	15 gr or 1 Tbsp
Reese SF PB Chips	70	3	7	4.5	0	15 gr or 1 Tbsp
Lily Dark Chocolate Baking Chips	50	1	8	4.5	0	15 gr or 1 Tbsp
Nilla Wafers	140	1	21	6	11	8 Wafers
Graham Crackers	65	1	11.7	1.6	3.7	1 rectangle
Mini Oreos	140	1	21	5	11	28 Grams, 9 cookies
Mini Chips A Hoy	150	2	20	7	9	30 Grams, 9 cookies
Almonds	116	4.2	4.3	10	0.9	20 Grams
Pecans	138	1.8	2.8	14.4	0.8	20 Grams
SF Maple Syrup (Maple Grove)	5	0	3	0	2	2 Tbsp
SF Chocolate Syrup (Hershey)	5	0	2	0	0	15gr
SF Caramel Sauce (Torani)	0	0	0	0	0	2 Tbsp
Pumpkin Puree	40	1	10	0	4	125 grams, 1/2 cup
Cherry Pie Filling, no Sugar added	52	0	11.75	0	5.8	125 grams, 1/2 cup
Maraschino Cherries	5	0	0	0	2	1 Cherry

Vanilla Almond Crisp Granola (Naked Bear)	120	3	19	4	4	1/4 cup
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1. Vanilla (Base Recipe)- your traditional vanilla. A classic recipe you can spruce up however you like.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract

Mix-ins

- Anything you like.

Toppings

- Anything you like.

2. Chocolate (Base Recipe)- your traditional chocolate. A classic recipe you can spruce up however you like.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Chocolate pudding
- 1 scoop of Chocolate protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 Tbsp Cocoa Powder

Mix-ins

- Anything you like.

Toppings

- Anything you like.

3. Strawberry (Base Recipe)- your traditional vanilla. A classic recipe you can spruce up however you like.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Strawberry Extract
- ½ cup of fresh diced strawberries.

Mix-ins

- Anything you like.

Toppings

- Anything you like.

4. Cookies & Cream - Classic vanilla base mixed with chocolate chip cookies.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract

Mix-ins

- Mini Chips Ahoy Chocolate Chip Cookies- 30 grams, about 9 cookies

Toppings

- NA

5. Birthday Cake - If you like to lick the beaters after mixing up a cake, then Cake Batter Ice Cream is going to be one of your favorites! This cake batter ice cream recipe tastes similar to Cold Stone Creamery's version.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Cheesecake pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Cake Batter Extract

Mix-ins

- 20 grams rainbow sprinkles

Toppings

- Cool Whip
- Rainbow Sprinkles

6. Butterfinger

- Classic vanilla base mixed with the crunchy salted buttery flavor of a Butterfinger candy bar.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Butterscotch pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Butter Extract

Mix-ins

- ½ Regular-size candy bar. Approx 1 oz

Toppings

- NA

7. Peach - move over Chik-fil-a, perfectly peach color with a refreshing summer-time must-have sweet sensation.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Peach Extract or 1 Tbsp Peach Syrup Skinny Girl
- 2 drops of yellow food color, 1 drop red food coloring

Mix-ins

- None

Toppings

- Cool Whip

8. Banana Cream— channel your inner monkey, thick and creamy ‘nice cream’ will have you swinging from the trees.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Banana Cream pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 ripe Medium Banana sliced up. (The softer the better)

Mix-ins

- Sliced bananas, Nilla Wafers

Toppings

- Cool Whip,
- Nilla Wafers

9. Pumpkin Spice - a favorite Autumn seasonal treat! Packed with pumpkin and allspice, with crunchy graham crackers 'crust' and topped with cool whip.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 teaspoon of All Spice or Pumpkin Pie Spice
- ½ can Pumpkin Puree, about 8 oz

Mix-ins

- 1 rectangle Graham Cracker,

Toppings

- Cool Whip,
- Graham Crackers,
- Pumpkin Pie OR All Spice sprinkled on top

10. Chocolate Chocolate Chip — What's better than chocolate? More chocolate!

The chips enhanced it with a bit of crunch.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Chocolate pudding
- 1 scoop of Chocolate Deluxe protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 tbsp Cocoa powder

Mix-ins

- 2 tbsp Sugar Free Chocolate chips or Chocolate Bars

Toppings

- Chocolate Chips
- SF Chocolate Syrup

11. Mint Chocolate Chip — Vanilla base fused with mint extract blended with plenty of sweet mini chocolate chips. Try mixing in Girl Scout Thin Mints or York Peppermint Patties for extra spunk.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free White Chocolate pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1-2 Drops of Mint Extract
- 1 drop green food coloring

Mix-ins

- 2 tbsp SF chocolate chips.
- Can also try York Peppermint Patties or Thin Mints

Toppings

- NA

12. Maple Nut

— Embrace your inner Canadian with this vanilla base infused with maple extract, maple syrup, and crushed nuts.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 tsp of Maple Extract
- 2 tbsp Sugar-free Maple Syrup

Mix-ins

- 2 tbsp crushed nuts
- 2 tbsp maple syrup

Toppings

- Crushed nuts

13. Peanut Butter — vanilla base ice cream infused with butter extract and butterscotch to enhance that buttery goodness of this hearty flavor infused with peanut butter chips.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Butterscotch pudding
- 1 scoop of Vanilla Ice Cream protein powder OR Ryse Peanut Butter Protein Powder (Preferred)
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Butter Extract
- 1 1 tbsp Peanut Butter Powder

Mix-ins

- 2 tbsp Sugar Free Peanut Butter Chips

Toppings

- NA

14. Tiramisu- This creamy and decadent recipe is the perfect treat for any coffee lover!

This amazing frozen treat has all of the classic flavors of the famous Italian dessert, including espresso-soaked ladyfingers, mascarpone cheese, and a topping of cocoa powder.

Special Note: I've tried this one a few different ways. It's the most labor-intensive of all the Creami's. You also have options for additional caffeine and Mix-ins.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla Pudding
- 1 scoop of Vanilla Ice Cream Protein Powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Butter Extract
- 1 teaspoon of Rum Extract
- 1 1 tbsp Cocoa Powder
- 1 tbsp Nestle Espresso Powder
- 2 oz Mascarpone Cheese

Optional: Brewed Shot of chilled Espresso

Mix-ins

- 3 Ladyfingers Dry OR... (See below)
- **Optional:** Soak 3 Ladyfingers in a mixture of 4oz strong brewed coffee and 1 teaspoon of rum extract. Leave in the Fridge.

Toppings

- 3 Ladyfingers, Cool Whip, dusting of Espresso Powder

15. Oreo Blast — classic vanilla-based mixed with a blast—or two—of America's favorite cookie for a bit of crunch.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract

Mix-ins

- 9 Oreo mini's, approx. 28 grams, break up first; or equivalent regular cookies
- **Tip:** Can scrape the cream out of the Oreo to reduce the sugar content greatly! The cookies is really all that matters for the crunch!

Toppings

- Optional: Crumble up a couple of Oreo minis to sprinkle on top.
- Optional: Chocolate Sprinkles
- Optional: Cool Whip

16. Caramel Crunch

- Caramel Ice Cream is a rich, luscious flavored with salted caramel sauce is a heavenly and indulgent frozen treat!

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 Tbsp Skinny Girl Caramel Syrup

Mix-ins

- 2 Tbsp Sugar Free Caramel Beverage Sauce (Torani),
- ¼ cup Caramel Crunch Granola (Naked Bear) OR another Granola as desired. I like Vanilla Almond Granola.

Toppings

- NA

17. Strawberry Cheesecake

- A rich and creamy cheesecake ice cream with fresh strawberries, strawberry jam, and crushed graham crackers. The addition of cream cheese makes the texture of cheesecake ice cream perfectly creamy. Don't forget the Strawberry and Cool Whip toppings!

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Cheesecake pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Strawberry Extract
- 1/2 cup of fresh strawberries diced

Mix-ins

- 2 Tbsp Philly Cream Cheese
- 1 Rectangle of Graham Cracker

Toppings

- 1 Rectangle of Graham Cracker,
- 2 Tbsp Cool Whip,
- Optional: Diced Strawberries

18. Reese's PB w/ PB Ice Cream

- Peanut butter base ice cream infused with butter extract and butterscotch to enhance that buttery goodness of this hearty flavor infused with Reese's Peanut Butter cups or Reese's pieces for a bit of color—or why not both!

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Butterscotch pudding
- 1 scoop Vanilla Ice Cream protein powder OR Ryse Reese Peanut Butter Protein Powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 Tbsp peanut butter powder
- 1 teaspoon of Butter Extract

Mix-ins

- 3 – 6 SF Mini Peanut Butter Cups - break up first
- **Optional:** (Kill your macros!) Dark Chocolate Reese PB Thins, Regular Reese PB Cups, Reese's Pieces, or a combination of all.

Toppings

- None

19. Carrot Cake

- a sweet and spicy profile, much like a classic spice cake, rather than tasting strongly of carrots. The carrots add natural sweetness and moisture, but their flavor is subtle and overshadowed by the aromatic spices of cinnamon and nutmeg. Topped with Cool Whip and Cinnamon Graham Crackers.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 2 oz Organic Carrot Juice
- 1 teaspoon of Vanilla Extract (Or Coconut Extract)

Mix-ins

This has lots of mix-ins, make sure you eat a big hole out of the all the way to the bottom!

- 2 Tbsp Crushed walnuts,
- 2 Tbsp Coconut shavings
- 1 rectangle Cinnamon Graham Crackers, broken up
- 1 teaspoon of nutmeg
- 1 teaspoon of cinnamon
- **Optional:** add 2 tbsp cream cheese

Toppings

- 2 tbsp Cool Whip, 1 Rectangle Cinnamon Graham Crackers, sprinkle crushed nuts, coconut shavings, nutmeg

20. White Chocolate Raspberry Truffle

- Lusciously creamy white chocolate ice cream mixed with fresh raspberries and bejeweled with white chocolate chunks!

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free white chocolate pudding
- 1 scoop Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- ½ Cup Fresh Raspberries, halved
- ¼ teaspoon Cocoa Powder
- 2 tbsp Sugar Free Raspberry Preserves/Jam

Mix-ins

- 2 squares Ghirardelli white chocolate OR 2 Lindt white chocolate truffles OR equivalent, broken up into smaller chunks
- **Optional:** ¼ cup fresh raspberries halved

Toppings

- Cool Whip

21. Toffee Crunch

- vanilla base infused with English toffee syrup blended with brittle buttery texture and a hint of burnt sugar.

Ingredients

- 1 cup of Fairlife Skim Milk
- ¾ cup unsweet vanilla almond milk
- 1 tbsp sugar-free Butterscotch pudding
- 1 scoop Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 2 Tbsp Sugar Free Toffee Syrup (for Coffee) Skinny Girl or Torani
- 1 teaspoon of Butter Extract

Mix-ins

- 2 Toffee Chocolate Bars Ghirardelli OR Heath Bar
- **Optional:** (Kill your macros) add more Bars, Crushed almonds or walnuts

Toppings

- None

22. Girl Scout Cookie

- Vanilla base blended with your favorite Girl Scout Cookies. Thin Mints, Samoa, and Tagalongs are my favorites, but any cookie will do. Support your local troop!

Ingredients

- 1 cup of Fairlife Skim Milk
- ¾ cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract

Mix-ins

- 2-4 of your Favorite Girl Scout Cookies broken up. **These will kill your macros!**

Toppings

- **Optional:** Crumbled Cookies
- **Optional:** Cool Whip

Notes on substitutions depending on the cookie.

For Thin Mints you can swap Vanilla with Mint Extract

For Tagalongs use Butter Extract and add 1 scoop of PB powder, Butterscotch Pudding

For Lemonades, add 1 Tbsp Lemon Juice; optional SF Lemon Pudding

For Caramel Delights, Use Butter Extract, Butterscotch Pudding, Torani SF Caramel Sauce

For Samoa's, use Coconut Extract and Coconut shavings.

Just try things out. Once you get the base vanilla, just try and enhance the flavor profile with different powders, extracts, juices, and mix ins! The world is your Oyster!

23. Pistachio- inviting color with a nutty, creamy taste of pistachios blended in for a bite of crunch.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Pistachio pudding
- 1 scoop Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 teaspoon of Almond Extract

Mix-ins

- 2 oz Shelled Pistachios or more as desired.

Toppings

- None

24. Rocky Road - has a chocolate base packed with chunks of rich chocolate, marshmallows, and toasted almonds.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free chocolate OR chocolate deluxe pudding
- 1 scoop of chocolate protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 tbsp Cocoa Powder
- 1 teaspoon of Vanilla Extract

Mix-ins

- 1/4 cup chopped toasted almonds
- 1/4 cup [sugar-free marshmallows](#)
- 2 tbsp Dark Chocolate Chips OR Dark Chocolate bar

Toppings

- **Optional:** SF Chocolate Syrup

25. Mississippi Mud

– ‘Way down yonder on the missisip’... holds all of the deliciousness you’d expect from a Mississippi Mud pie, including cookies, chocolate, coffee, and cream.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Chocolate OR Chocolate deluxe pudding
- 1 scoop of Chocolate protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 tbsp Cocoa Powder
- 1 teaspoon of Vanilla Extract

Mix-ins

- Chocolate Fudge Sauce OR Sugar Free Hershey syrup
- ¼ cup Mini Oreos, about 9 cookies.

Note: you can take the cream filling out of the middle to reduce the sugar and calorie intake.

- 2 tbsp Dark Chocolate Chips or Chocolate Bars

Toppings

- **Optional:** SF Chocolate Syrup, SF Chocolate Chips

26. Turtle Ice Cream - is a traditionally churned vanilla almond ice cream packed with decadent chocolate chunks, toasted pecans, and swirled with caramel and chocolate fudge.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 teaspoon of Almond Extract

Mix-ins

- 1/4 cup chopped toasted Pecans
- 1/4 cup [sugar free marshmallows](#) (Expensive)
- 2 tbsp Dark Chocolate Chips
- 2 tbsp Torani SF Caramel Beverage Sauce

Toppings

- SF Caramel Sauce, chopped nuts

27. Baklava Ice Cream is flavored with honey, cinnamon, and vanilla. It's mixed with crisp walnuts and flaky phyllo dough so that the flavor and texture of baklava are in every bite.

Ingredients

- 1 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla protein powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Cinnamon
- 1 teaspoon of Vanilla Extract

Mix-ins

- 1 tbsp Raw Honey, Local/organic preferred
- 1/4 cup chopped Walnuts
- 1-3 Phyllo Shells – Pepperidge Farm Puff Pastry- crumbled (Cooked kind, not the raw dough)

Toppings

- Crumbled Phyllo shells, nuts, and honey drizzled on top.

28. Fat Elvis Ice Cream -made with mashed bananas and peanut butter, is a gourmet flavor that is based on the famous singer's favorite sweet sandwich!

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Banana Cream AND/OR Butterscotch pudding (Your choice)
- 1 scoop of Ryse Peanut Butter protein powder
- 1 tbsp Allulose
- 1 tbsp Peanut Butter Powder
- Pinch of salt
- Pinch of Xanthan gum
- 1 chopped ripe banana
- 1 teaspoon of Butter Extract

Mix-ins

- 2 tbsp Sugar Free Peanut Butter chips **OR** spread Peanut Butter on parchment paper and freeze it, then break it up and mix in
- 1/4 slice Banana
- 2 c Sugar Free Chocolate Chips

Toppings

- **Optional:** Cool Whip

29. Orange Creamsicle

- tastes just like your favorite vanilla and orange popsicles. The sweet and tangy flavor of this orange creamsicle ice cream.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- ½ Cup of fresh Squeezed orange juice. Real OJ, best from actual oranges (about 4)
- Pinch of salt
- Pinch of Xanthan gum
- ¼ Cup Orange Zest
- 1 teaspoon of Vanilla Extract
- Optional: 1 drop red food coloring, 1 drop yellow food coloring

Mix-ins

- None

Toppings

- **Optional:** Cool Whip

30. Key Lime Pie

-Like limeade, this easy lime ice cream recipe is sweet and tangy, made with real lime juice and lime zest, and an ultra-refreshing treat for a hot summer day.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- ½ Cup of fresh-squeezed Lime juice. Real limes are best, but you can use Concentrate. Probably 4-8, depending on size.
- Pinch of salt
- Pinch of Xanthan gum
- ¼ Cup Lime Zest
- 1 teaspoon of Vanilla Extract
- **Optional:** 1 drop green food coloring

Mix-ins

- **Optional:** 1 Rectangle Graham Cracker

Toppings

- 2 tbsp Cool Whip
- 1 Crumbled Graham Crackers

31. Blackberry Pie/Blackberry Cheesecake

- a rich, luscious, and delicious treat that you can make at home using fresh or frozen berries blended with blackberry puree.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding OR Cheesecake Pudding for cheesecake flavor
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- ½ Cup of fresh Blackberries
- Pinch of salt
- Pinch of Xanthan gum
- 1 Tbsp SF Blackberry Jam
- 1 teaspoon of Vanilla Extract
- **Optional:** 1 drop Red food coloring & 1 drop of Blue food coloring

Mix-ins

Alternatively: For Blueberry Cheesecake, swap the Vanilla Pudding for Cheesecake flavor. Add 2 Tablespoons of Cream cheese as a mix-in. (Dice into small pieces for ease of mixing)

Toppings

- 2 tbsp Cool Whip
- 1 Crumbled Graham Crackers
- Optional: 2 tbsp White chocolate chips/shavings

32. Blueberry Pie/Blueberry Cheesecake

—recipe brings together the velvety smoothness of cheesecake and the sweet burst of fresh blueberries. Crunchy bits of graham cracker cookies are the perfect touch!

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding – OR Cheesecake Pudding for cheesecake flavor
- 1 scoop of Vanilla Ice Cream protein powder OR Ryse Blueberry Muffin Protein powder
- 1 tbsp Allulose
- ½ Cup of fresh Blueberries
- Pinch of salt
- Pinch of Xanthan gum
- 1 Tbsp SF Blueberry Jam/Preserves
- 1 teaspoon of Vanilla Extract
- Optional: 1 drop of blue food coloring

Mix-ins

Alternatively: For Blueberry Cheesecake, swap the Vanilla Pudding for Cheesecake flavor. Add 2 Tablespoons of Cream cheese as a mix in. (Dice into small pieces for ease of mixing)

Toppings

- 2 tbsp Cool Whip
- 1 Crumbled Graham Crackers
- **Optional:** 2 tbsp White chocolate chips/shavings

33. Biscoff Ice Cream

–Rich, creamy, and delightful Biscoff Ice Cream is made with plenty of crunchy Biscoff cookies and a generous swirl of sweet cookie butter.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free Vanilla pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- 1 tbsp Zero Sugar Cookie Butter Nestle Coffeemate OR 1 tbsp Cookie Butter Powder
- Pinch of salt
- Pinch of Xanthan gum
- 1 teaspoon of Butter Extract

Mix-ins

- 2 Biscoff Cookies, crumbled

Toppings

Optional: 1-2 tbsp Frozen Biscoff Cookie Butter broken into small chunks

Biscoff Cookie Butter drizzled on top

34. Cherry Garcia

—sweet and colorful adaptation of one of Ben and Jerry’s most popular flavors. Cherry-infused ice cream with bits of blended maraschino cherries.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free White Chocolate pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- Pinch of salt
- Pinch of Xanthan gum
- 1 teaspoon of Vanilla
- 2 Tbsp Organic SF Cherry Jam OR ¼ to ½ cup No Sugar Added Cherry Pie filling
- 4 maraschino cherries, cut in half
- 1 tbsp maraschino cherry juice

MIXINS

- ¼ cup diced maraschino cherries

Toppings

- Cool Whip

35. Apple Pie- relishing the sweet warmth of apple pie with a hint of nutmeg and cinnamon.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2 cup unsweet vanilla almond milk
- 1 tbsp sugar-free White Chocolate pudding
- 1 scoop of Vanilla Ice Cream protein powder
- 1 tbsp Allulose
- ½ Cup of No Sugar Added Apple Pie Filling OR ½ Unsweetened Applesauce
- Pinch of salt
- Pinch of Xanthan gum
- 1 teaspoon of Vanilla Extract
- ¼ Teaspoon of cinnamon
- Pinch of Nutmeg
- Optional: 2 tbsp Apple Cider

Mix-ins

- 1 Graham Cracker OR 2 Biscoff Cookies

Toppings

- Cool Whip

36. Watermelon Italian Ice - a light summertime sweetness, refreshing and cool.

Ingredients

- 1.5 cups deseeded Watermelon
- ½ cup water
- 1 tbsp Lime Juice
- 1 tbsp Allulose
- Pinch of salt
- Pinch of Xanthan gum

MIXINS

- NA

**Note: Macros are much lower than the standard recipe. Maybe 100 calories total.*

Toppings

- NA

37. Strawberry Italian Ice - a light summertime sweetness, refreshing and cool.

Ingredients

- 1.5 cups fresh strawberries, diced
- ½ cup water
- 1 tbsp Lime Juice
- 1 tbsp Allulose
- Pinch of salt
- Pinch of Xanthan gum

MIXINS

- **Optional:** Cool whip, Chocolate Chips

**Note: Macros are much lower than the standard recipe. Maybe 150 calories total.*

Toppings

- NA

38. Cosmic Brownie - is a traditionally churned dark chocolate ice cream packed with decadent Little Debbie Cosmic Brownie snacks.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 3/4 cup unsweet vanilla almond milk
- 1 tbsp sugar-free White Chocolate OR Chocolate pudding
- 1 scoop of Ryse Cosmic Brownie Protein Powder OR Chocolate Protein Powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 Tbsp Dark Cocoa Powder OR Cocoa Powder
- 1 Tbsp Protein Brownie Batter Cookie Butter Powder (Expensive but not necessary- I usually get it on Amazon)

Mix-ins

- 1 Little Debbie's Cosmic Brownie diced up
- 2 Tbsp Rainbow Sprinkles

Toppings

- NA

39. Oatmeal Cream Pie - is a traditional vanilla ice cream complemented with oatmeal, honey, and Little Debbie's Oatmeal Cream Pie.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- 1/2cup unsweet vanilla almond milk
- 1 tbsp sugar-free vanilla pudding
- 1 scoop of Vanilla Protein Powder or Ryse Jet Puff marshmallow
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 1 teaspoon of Vanilla Extract
- 1 teaspoon cinnamon
- **Optional:** ½ cup of cooked oatmeal – rolled oats and water with 1 tbsp organic honey

Mix-ins

- 1 Frozen Little Debbie's Oatmeal Cream Pie, broken up into smaller pieces
- **Optional:** ⅓ non frozen Oatmeal Cream Pie for toppings

Toppings

- Cool Whip

40. Star Crunch - is a traditionally vanilla ice cream with hints of caramel and chocolate-covered rice crisp.

Ingredients

- 3/4 cup of Fairlife Skim Milk
- ¾ cup unsweet vanilla almond milk
- 1 tbsp sugar-free vanilla pudding
- 1 scoop of Vanilla Protein Powder
- 1 tbsp Allulose
- Pinch of Xanthan gum
- Pinch of salt
- 2 tbsp Caramel Syrup

Mix-ins

- 2 tbsp SF Caramel Beverage Sauce Torani
- 1 Little Debbie's Star Crunch OR ...
- **Optional healthier Alternative:** Rice Crispies soaked with SF Chocolate Syrup

Toppings

- NA