



BLUEBERRY CHEESECAKE ICE CREAM RECIPE

Description

For a healthy but delicious sweet treat try this blueberry cheesecake ice cream recipe that you make in the Ninja Creami machine.

You get that protein boost and it's still low carb. It's the healthy dessert you can feel good about eating. I hope you like it as much as I did.

To me this homemade blueberry cheesecake ice cream recipe is the perfect sweet treat for spring and summer.

- prep time: 5 MINUTES
- additional time: 1 DAY
- total time: 1 DAY 5 MINUTES

INGREDIENTS

- $\frac{1}{2}$ cup heavy whipping cream
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{2}$ cup frozen blueberries
- 2 tablespoons (1 oz) cream cheese
- 2 tablespoons sweetener (I used Swerve)
- 1 scoop vanilla protein powder

INSTRUCTIONS

1. Add all of the ingredients to a high speed blender or food processor and blend until the blueberries are pureed and mixed well with the other ingredients. Taste the blueberry mixture and see if you want to add a bit more sweetener. It should be very sweet because I find that when it freezes it will be slightly less sweet.
2. Pour into the pint container that came with the Ninja Creami ice cream maker. Put the storage lid on and place in the freezer on a level surface. Freeze for 24 hours or overnight.

3. When ready to eat, take off the storage lid and place the pint container in the outer assembly bowl. Attach the assembly lid and place in the machine. Hit the LITE button and run through the cycle. When done, take out of the machine and check the texture. If it is powdery run through the LITE cycle again. It took me two times until I had a creamy, smooth consistency.
4. If you run through 2 times and it's still powdery or crumbly add a tablespoon of almond milk and run it through one more time and that should do work.
5. Spoon into bowls and enjoy! Store leftovers in the same container. Smooth the surface layer so it's nice and even then place the lid on and put in the freezer. To eat it again just run it through the machine like you did the first time. I usually get 2-3 servings per container.
6. See post for add in suggestions and substitutions.

NOTES

The nutritional information for 1 serving is 349 calories / 29.4g fat / 8.4g carbs / 1.4g fiber / 13.7g protein = 7g net carbs

Category

1. High Protein Recipes

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