



Vanilla Protein Ice Cream Recipe

Description

This Ninja Creami vanilla protein ice cream is made with a Fairlife Core Power protein shake, stevia, and sugar free instant pudding mix.

Indulge in the exquisite simplicity of homemade goodness with the Ninja Creami Vanilla Ice Cream recipe.

Elevate your dessert game with this creamy delight, blending high-quality ingredients to create a velvety-smooth vanilla treat that surpasses store-bought alternatives.

- Prep Time : 5 minutes mins
- Freeze time: 12 hours hrs
- Total Time : 12 hours hrs 5 minutes mins

Equipment

- Ninja Creami
- Large mixing bowl
- Whisk

Ingredients

For a standard pint

- 14 ounces Fairlife Core Power Vanilla Protein Shake
- 1 tablespoons stevia
- 1 tablespoons sugar free instant vanilla pudding mix

For a deluxe pint

- 21 ounces Fairlife Core Power Vanilla Protein Shake
- 2 tablespoons stevia
- 2 tablespoons sugar free instant vanilla pudding mix

Instructions

Part one

- In a mixing bowl, add the protein shake, stevia, and pudding mix. Whisk until the stevia is dissolved and there are no lumps. The pudding mix will not fully dissolve. Allow the bubbles to settle (less than 1 minute) before pouring the mixture into a Creami pint.
- Pour the mixture into a clean Creami pint. Cover it with a lid and freeze on a level surface for a minimum of 12 hours.

Part two

- After freezing, remove the frozen pint from the freezer and remove the lid. Put the opened pint into the outer bowl of the Ninja Creami machine, install the Creamerizer Paddle to the lid, and lock the lid assembly to the bowl. Slide the bowl assembly into the machine's motor base, twist it to the right to lock it into place, and select the Ice Cream button.
- After processing is complete, unlock and remove the bowl assembly from the ice cream maker and remove the outer bowl lid. The first spin will likely appear icy or crumbly since this is a lite ice cream recipe. Re-spin if needed until you reach a creamy consistency. Serve immediately.
- Optional: If adding mix-ins, create a small tunnel with a spoon in the center of the ice cream to the bottom of the pint. Add the mix-ins, reassemble the bowl, and process using the Mix-In program.

Notes

Nutrition is based on the standard pint size.

Storage: Use a spoon to flatten the top of the ice cream and cover it with the storage lid before refreezing. The ice cream will harden as it re-freezes, so you will need to process it again on the lite ice cream setting.

Deluxe Mix-Ins: When adding mix-ins in the Deluxe model, you can process the top half of the pint with one mix-in, scoop the top half out into a bowl, and then process the bottom half of the pint with a different mix-in

Category

1. High Protein Recipes

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