



SUMMER SCOOP

IRRESISTIBLE NINJA CREAMI
RECIPES TO FUEL YOUR
STRONGER U JOURNEY

HERE'S THE

SCOOP

We're over the moon to introduce you to the Ninja Creami recipe book, a Stronger U original that will whip your taste buds into a frenzy of frozen delight.

We've tapped into the magical powers of the Ninja Creami to create a collection of mouthwatering masterpieces that will have you screaming, "I scream, you scream, we all scream for creami dreams!" We've sprinkled Stronger U magic on ordinary ingredients, transforming them into extraordinary frozen fantasies that will make your taste buds cartwheel with joy.

Whether you're a seasoned Creami commander or a newbie to the frozen treat scene, this recipe book is your golden ticket to an ice cream wonderland.

But hold your spoons; there's more to this frosty tale! We've crafted these recipes with your well-being in mind. Each recipe is a perfect harmony of deliciousness and nutrition, ensuring your taste buds party while your fitness goals stay on track. It's like having your ice cream cake and eating it too!

So, dust off your Ninja Creami, assemble your ingredients, and prepare to embark on a taste bud-tickling expedition. Whether you crave a cocoa-filled adventure, a fruit frenzy, or a remix of timeless classics, we've got your cravings covered like a creamy blanket of happiness.

The Ninja Creami recipe book isn't just a collection of recipes; it's an invitation to unleash your inner ice cream artist. So, grab your scoops, unleash your creativity, and let the creami adventure begin!

Whip up your Ninja Creami creation with these easy steps:

1. Blend ingredients until smooth.
2. Pour into Creami container and freeze for 24 hours.
3. Microwave without lid for 30 seconds.
4. Place frozen pint in Ninja Creami.
5. Select "lite ice cream" setting and start spinning.
6. Check texture; re-spin if powdery.
7. Add a splash of liquid if needed; re-spin if necessary.
8. For mix-ins, create a hole in the pint, add mix-in, and use "mix-in" function.
9. Top with your favorites.
10. Indulge in delicious Ninja Creami ice cream!

Leftovers? Re-freeze and re-spin later.

A note about macros:

The macros provided for the recipes in this book are reflective of using specific ingredients. To get the most accurate nutritional values, input your specific ingredients into your log.

All recipes are now searchable in the Stronger U nutrition log.

Sculpt-a-Scoop

Select one ingredient from each line item to create your own Creami recipe!

- 11oz water, almond milk, skim milk
- 1/4tsp xanthan gum, 8g sugar-free pudding mix
- 1-1.5 scoops protein powder (any), 60g cottage cheese, 60g non-fat Greek yogurt
- Pre-freeze add-ins (OPTIONAL): Stevia, flavor extracts, sugar-free syrups, fruit (blend add-ins before freezing)
- Mix-in/topping ideas (OPTIONAL): cereals, pretzels, chocolate chips, candy, sugar-free syrups, etc.



Pistachio

37P | 12C | 6F

- 11oz unsweetened plain almond milk
- 46g PEScience Cake Pop protein powder (or any vanilla)
- 8g sugar-free pistachio pudding mix
- 1/2 tsp almond extract
- Stevia, to taste

**Optional mix-ins: pistachios*



Chocolate Peanut Butter

42P | 9C | 8F

- 11oz unsweetened plain almond milk
- 46g PEScience Chocolate Peanut Butter protein powder
- 10g powdered PB2
- 1/4 tsp xanthan gum
- Stevia, to taste

**Optional mix-ins: pretzels, peanuts, or mini chocolate chips*



Birthday Cake

38P | 13C | 6F

- 11oz unsweetened plain almond milk
- 46g PEScience Cake Pop protein powder (or any vanilla)
- 1/4 tsp xanthan gum
- Stevia, to taste

**Mix-ins: macros include 8g of sprinkles*



Marshmallow Cereal

39P | 18C | 9F

- 11oz unsweetened plain almond milk
- 46g PEScience Gourmet Vanilla protein powder (or any vanilla)
- 1/2 tsp marshmallow extract
- 1/4 tsp xanthan gum
- 15g Lucky Charms (or other cereal)
- Stevia, to taste

*

Mix-ins: macros include 15g Lucky Charms



Snickerdoodle

37P | 15C | 8F

- 11oz unsweetened plain almond milk
- 46g PEScience Snickerdoodle protein powder
- 1/2 tsp cinnamon
- 1/4 tsp xanthan gum
- Stevia, to taste

**Mix-ins: macros include 15g Cinnamon Toast Crunch*



Chocolate Covered Strawberry

34P | 20C | 5F

- One strawberry Premier Protein shake (or Fairlife)
- 2oz unsweetened almond milk
- 5g sugar-free strawberry pudding powder
- 1/4 tsp xanthan gum
- 50g strawberries
- Stevia, to taste

**Mix-ins: macros include an additional 50g strawberries and 2 tbs sugar-free chocolate syrup*



Oreo Cheesecake

38P | 30C | 10F

- 11oz unsweetened plain almond milk
- 46g PEScience Cookies and Cream protein powder
- 8g sugar-free cheesecake pudding powder
- Stevia, to taste

**Mix-ins: macros include 3 Oreo Thins*



Salted Caramel

32P | 17C | 4F

- One caramel Premier Protein shake (or Fairlife)
- 2oz unsweetened almond milk
- 5g sugarfree strawberry jello mix
- 1/4 tsp xanthan gum
- 5oz Torani sugar-free caramel syrup

**Mix-ins: macros include 15g pretzels and 2oz Walden Farms caramel syrup*



Pineapple Mango Sorbet

0P | 55C | 0F

- 70g frozen mango
- 280g canned pineapple chunks
- Stevia, to taste

Optional mix-ins: fresh fruit



Caramel Pumpkin

31P | 21C | 3F

- One caramel Premier Protein or Fairlife shake
- 120g canned pumpkin puree
- 10g sugar-free vanilla pudding powder
- Stevia, to taste

Optional mix-ins: graham crackers, pretzels, sugar-free caramel syrup



White Chocolate Raspberry

26P | 32C | 9F

- 1 Core Power Vanilla Fairlife
- 16g sugar-free white chocolate pudding mix
- 25g raspberries
- Stevia, to taste

**Mix-ins: macros include an additional 25g raspberries and 14g Lily's sugar-free white chocolate chips*



Apple Pie

38P | 27C | 6F

- 10oz unsweetened plain almond milk
- 46g PEScience Gourmet Vanilla protein powder
- 85g sugar-free apple pie filling
- 8g sugar-free cheesecake pudding powder
- Stevia & cinnamon to taste

**Mix-ins: macros include an additional 85g sugar-free apple pie filling*