

HIGH PROTEIN ICE CREAM!

We eat the
WHOLE Pint!



FLEXIBLE DIETING LIFESTYLE



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories

92

Total Fat 0g

Total Carbohydrate 22g

Protein 2g



92 CAL WATERMELON ITALIAN ICE

INGREDIENTS:

- 300g Watermelon
- 115g Water
- Juice from ½ Small Lime (15g of juice)
- 5g Zero Cal Sweetener
- Pinch of Sea Salt

1. Add all your ingredients into a small blender and blend till smooth.
2. Then add to a creami pint and add to the freezer till frozen. I have started to keep the covers off the top when freezing because it helps not get that hump in the middle.
3. Once frozen, add to creami on the sorbet function.
4. Then run it one more time on the sorbet function and then it's perfect italian ice consistency! Enjoy!



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories

96

Total Fat 0g

Total Carbohydrate 24g

Protein 2g



STRAWBERRY ITALIAN ICE

INGREDIENTS:

- 300g Fresh Strawberries
- 6g Zero Cal Sweetener
- Pinch of Sea Salt
- 130g Water

1. Blend all your ingredients together and then add to ninja creami pint. Add to freezer till frozen.
2. Then once frozen, run warm water over the sides of the pint to get make sure the ice doesn't stick to the sides when making the sorbet.
3. Add to creami and do the sorbet function.
4. Then do the re-spin function.
5. Now with your spoon, make a little tunnel/hole in the middle of your pint to add your mix ins. I added mini chocolate chips (not in macros).
6. Then do the mix-ins function and then it's time to enjoy!



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories 246

Total Fat 2g

Total Carbohydrate 22g

Protein 35g



FROSTED LEMONADE PROTEIN ICE CREAM

INGREDIENTS:

- 220g Diet Lemonade of your choice
- Juice from ½ Lemon
- Zest from ½ Lemon
- 240g Fairlife Fat Free Milk
- 30g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

1. I went and got a large diet lemonade (no ice) from Chick-Fil-A to make this as authentic as possible. You can sub any diet lemonade. Add all your ingredients into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 4 of these at one time with all the diet lemonade so you have them on hand for the week!
3. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go! Enjoy!

* I went and got a large diet lemonade (no ice) from Chick-Fil-A to make this as authentic as possible. You can sub any diet lemonade.



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories **75**

Total Fat 4g

Total Carbohydrate 8g

Protein 2g



75 CAL VANILLA ICE CREAM

INGREDIENTS:

- 400g Unsweetened Vanilla Almond Milk
- 8g Vanilla Sugar Free/ Fat Free Pudding Mix
- 5g Zero Cal Sweetener
- 1g Xanthan Gum
- Pinch of Sea Salt
- 5g Vanilla Extract

1. Add all your ingredients into your pint and mix with a small hand blender/milk frother.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, take out of the freezer and run some under some warm water for 60 seconds to help thaw it out a bit. Will help it not be as icy and more creamy.
4. Now add to your creami holster and do the "Lite Ice Cream" function.
5. It'll be a little crumbly and dry after this first mix. Add a splash of almond milk and add back to the creami and do the "re spin" function.
6. Now it should be good to go! I like to add my cereal on top, eat and repeat till the whole pint is gone! Enjoy!



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories 255

Total Fat 4g

Total Carbohydrate 17g

Protein 36g



BIRTHDAY CAKE BATTER PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fairlife Fat Free Milk
- 225g Unsweetened Vanilla Almond Milk
- 5g Cake Batter Extract (got off amazon)
- 30g Vanilla Whey/Casein Blend Protein Powder
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-ins:

- 20g Sprinkles

1. Add all your ingredients except sprinkles into your pint. Use small hand blender/milk frother and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, either let sit out for 10 minutes to thaw out a bit or run outside edges under warm water for a minutes. Then add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go for the cake batter ice cream!
4. Now if you want to add mix-ins to make it birthday cake batter, make a hole in the middle and add in the sprinkles.
5. Add back to the creami and do the mix-ins function. Then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories 350

Total Fat 2g

Total Carbohydrate 38g

Protein 46g



STRAWBERRY CHEESECAKE PROTEIN ICE CREAM

INGREDIENTS:

- 200g Fresh Strawberries
- 240g Fairlife Fat Free Milk
- 30g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 28g Frozen Reduced Fat Cream Cheese Pieces
- 25g Fresh Strawberries
- 1 Sheet Reduced Fat Graham Crackers

1. Add all your ingredients into a small blender and blend till smooth.
2. Then add to your pint and add to the freezer till frozen. Preferably overnight.
3. This is when you add your cream cheese to the freezer if you want those cream cheese chunks in your ice cream! You'll chop it up into small pieces before adding during the mix-ins part of the recipe.
4. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go!
5. Now if you want to add mix-ins, make a hole in the middle and add your mix-ins
6. Add back to the creami and do the mix-ins function. Then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories 284

Total Fat 4g

Total Carbohydrate 26g

Protein 36g



FRUITY PEBBLE CEREAL MILK PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 240g Unsweetened Vanilla Almond Milk
- 56g Fruity Pebbles (not all in macros. See below)
- 30g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt
- 75g More Fairlife Fat Free Milk
- 75g More Unsweetened Vanilla Almond Milk
- 21g More Fruity Pebbles for Mix-Ins

1. Add 240g of your fairlife milk and 240g of your almond milk to a bowl with 56g of fruity pebbles. Mix together well and add to the fridge for 6-7 hours to soak and make that cereal milk.
2. Once done, strain out the fruity pebbles to get the cereal milk. I got about 300g of the 480g of milk left.
3. So then add 75g more of your fairlife milk and 75g of your almond milk to the pint to make up the difference. Then add the rest of your dry ingredients and mix till smooth with a hand milk frother. Add to freezer till frozen preferably overnight.
4. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go!
5. Then make a hole in the middle for the fruity pebble mix-ins! Add those and then add back to the creami and do the mix-ins function. Then enjoy!

*Since there will be calories added from the fruity pebbles to the cereal milk, I equated to about 10g of Fruity Pebbles into the macros. Most def could be more but about 1/4th of the cereal used is what I thought was a good estimate. This won't be perfect but good enough!

*Since there was only 300g of the 480g of milk left after the cereal milk, I had to add extra milk to make up the difference. The same amount of milk in total was used for the macros so no need to add the extra 75g of each milk to the macros.



Nutrition Facts

Servings Size: 1 Pint w/out mix ins
Recipe Makes: 1 Serving

Amount Per Serving

Calories 301

Total Fat 5g

Total Carbohydrate 20g

Protein 44g



CINNAMON TOAST CRUNCH CHEESECAKE PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fat Free Fairlife Milk
- 225g Unsweetened Vanilla Almond Milk
- 30g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 15g [Flex Peanut Butter Party Protein Cookie Butter Powder](#)
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Ground Cinnamon
- Pinch of Sea Salt

Mix-Ins:

- 28g $\frac{1}{3}$ the Fat Frozen Cream Cheese
- 10g Cinnamon Toast Crunch

1. Add all your ingredients into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. This is when you add your cream cheese to the freezer if you want those cream cheese chunks in your ice cream! You'll chop it up into small piece before adding during the mix-ins part of the recipe.
4. Once pint is frozen, add to your creami holster and do the "Ice Cream" function. All you need to do is that function one time and you are good to go! You might have to do a re-spin if it's still crumbly but I didn't have to as a heads up!
5. Then make a hole in the center of your pint to add you mix-ins. Then add back to the creami and do the mix-ins function. Then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins
Recipe Makes: 1 Serving

Amount Per Serving

Calories 284

Total Fat 4g

Total Carbohydrate 26g

Protein 36g



CINNAMON TOAST CRUNCH CEREAL MILK PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 240g Unsweetened Vanilla Almond Milk
- 56g Cinnamon Toast Crunch (not all in macros. See below)
- 30g [Flex Brands Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Ground Cinnamon
- Pinch of Sea Salt
- 100g More Fairlife Fat Free Milk
- 21g More Cinnamon Toast Crunch for Mix-Ins

1. Add 240g of your fairlife milk and 240g of your almond milk to a bowl with 56g of Cinnamon Toast Crunch. Mix together well and add to the fridge for 6-7 hours to soak and make that cereal milk.
2. Once done, strain out the Cinnamon Toast Crunch to get the cereal milk. I got about 300g of the 480g of milk left.
3. So then add 100g more of your fairlife milk to the pint to make up the difference. Then add the rest of your dry ingredients and mix till smooth with a hand milk frother. Add to the freezer till frozen preferably overnight.
4. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go!
5. Then make a hole in the middle for the Cinnamon Toast Crunch mix-ins! Add those and then add back to the creami and do the mix-ins function. Then enjoy!

*Since there will be calories added from the Cinnamon Toast Crunch to the cereal milk, I equated to about 10g of Cinnamon Toast Crunch into the macros. Most def could be more but about 1/5th of the cereal used is what I thought was a good estimate. This won't be perfect but good enough!

*Since there was only 300g of the 480g of milk left after the cereal milk, I had to add extra milk to make up the difference. About the same amount of milk in total was used for the macros so no need to add the extra 100g of each milk to the macros.



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories 285

Total Fat 1g

Total Carbohydrate 33g

Protein 36g



APPLE PIE PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 30g Vanilla Whey/Casein Blend Protein Powder
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt
- Ground Cinnamon
- Tiny bit of Nutmeg (be careful not tooo much!)
- 200g No Sugar Added Apple Pie Filling

Mix-Ins:

- Biscoff Cookies

1. Add all your ingredients into your pint (except pie filling). Use small hand blender and mix till smooth.
2. Then add your no sugar added pie filling.
3. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
4. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go! Now you have an amazing apple pie protein ice cream.
5. Now if you want mix-ins, make a hole in the middle of the ice cream to make sure the mix-ins get evenly dispersed throughout the pint. Add your 2 biscoff cookies.. Add back to the creami and do the mix-ins function. Then enjoy!

*You can find the no sugar added pie filling at most grocery stores. I've found it at pretty much all of them. Can't remember one that I wasn't able to besides Whole Foods.



Nutrition Facts

Servings Size: 1 Pint
Recipe Makes: 1 Serving

Amount Per Serving

Calories **290**

Total Fat 2g

Total Carbohydrate 30g

Protein 38g



PUMPKIN PIE PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 30g Flex Brands Vanilla Whey/Casein Blend Protein Powder
- 5g Zero Cal Sweetener
- 8g Sugar Free/Fat Free Vanilla Pudding Mix
- Dash of Pumpkin Spice
- Pinch of Sea Salt
- 200g Canned Pumpkin

1. Add all your ingredients into your pint. Use small hand blender and mix till smooth. If using a milk frother (which I usually use), know that it's going to have to really work because this mixture is thick today!
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. Then do the re-spin function right after.
4. Now you have an amazing pumpkin pie protein ice cream! Add your toppings and enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins
Recipe Makes: 1 Serving

Amount Per Serving

Calories 226

Total Fat 2g

Total Carbohydrate 16g

Protein 36g



COFFEE OREO CHIP PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 240g Cold Brew Coffee (I did Decaf so I can have any time of the day)
- 30g Vanilla Whey/Casein Blend Protein Powder
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 2 Oreo Thins
- 10g Mini Chocolate Chips

1. Add all your ingredients into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go! Now you have an amazing cold brew coffee protein ice cream but if you want that oreo chip vibe, it's mix-ins time!
4. Now make a couple holes in the ice cream to make sure the mix-ins get evenly dispersed throughout the pint. Add your OREO thins and mini chocolate chips. Add back to the creami and do the mix-ins function. Then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins
Recipe Makes: 1 Serving

Amount Per Serving

Calories **400**

Total Fat 12g

Total Carbohydrate 35g

Protein 38g



BISCOFF PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fairlife Fat Free Milk
- 225g Unsweetened Vanilla Almond Milk
- 30g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 16g Biscoff Cookie Butter
- 2 Biscoff Cookies

1. Add all your ingredients into your pint. Use small hand blender/milk frother and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, either let sit out for 10 minutes to thaw out a bit or run outside edges under warm water for a minutes. Then add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go for the base vanilla ice cream!
4. Now let's make it cookie butter ice cream! Make a hole in the middle and add in your cookie butter and biscoff cookies.
5. Add back to the creami and do the mix-ins function. Then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/ Crunch Layer
Recipe Makes: 1 Serving

Amount Per Serving

Calories **393**

Total Fat 9g

Total Carbohydrate 40g

Protein 38g



CRUNCH BAR PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fairlife Fat Free Milk
- 225g Unsweetened Vanilla Almond Milk
- 30g Vanilla Whey/Casein Blend Protein Powder
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 1 Snack Size Crunch Bar

Crunch Layer:

- 10g Mini Chocolate Chips
- 10g Rice Krispies

1. Add all your ingredients into your pint. Use a small hand blender/milk frother and mix till smooth.
2. Add pint to the freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, either let sit out for 10 minutes to thaw out a bit or run outside edges under warm water for a minute. Then add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go for the base vanilla ice cream!
4. Now let's add that crunch bar mix in! Make a hole in the middle and add in your crunch bar.
5. Add back to the creami and do the mix-ins function.
6. Once done, melt 10g mini chocolate in a small bowl. I used the microwave for 60 seconds. Mix in 10g Rice Krispies. Add to top of the ice cream and press flat.
7. Add to the freezer for 30 minutes to set and then enjoy!

Pro-Tips for Perfect Creami:

- Make sure to thaw out the edges of the pint before spinning by running under warm water for 60 seconds.
- If a dry crumbly consistency after running through the first time, add a splash of milk before doing a re-spin. Mine isn't normally like this to be clear but it does happen to a lot of you.
- Your protein powder matters a TON because it's making up a massive part of the recipe. The taste and the consistency will largely depend on this. It's why I created flex_brands aka the best protein for recipes.



Nutrition Facts

Servings Size: 1 Pint

Recipe Makes: 1 Serving

Amount Per Serving

Calories

297

Total Fat 5g

Total Carbohydrate 21g

Protein 42g



COSMIC BROWNIE PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fat Free Fairlife Milk
- 225g Unsweetened Vanilla Almond Milk
- 30g [Flex Brands Chocolate Whey/Casein Blend Protein Powder](#)
- 10g [Brownie Batter Protein Cookie Butter Powder](#)
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Black Cocoa Powder
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

1. Add all your ingredients into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, add to your creami holster and do the "Ice Cream" function. All you need to do is that function one time and you are good to go! You might have to do a re-spin if it's still crumbly but I didn't have to as a heads up! Enjoy!

I went with the 4 different chocolate powder ingredients to really bring out the dense cosmic brownie flavor. I tried many different variations but this was the one that was the winner.



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories **351**

Total Fat 7g

Total Carbohydrate 31g

Protein 41g



REESE'S CEREAL MILK PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 240g Unsweetened Vanilla Almond Milk
- 56g Reese's Puff Cereal (not all in macros. See below)
- 15g Vanilla Whey/Casein Blend Protein Powder
- 15g PB Party Protein Cookie Butter Powder
- 15g Powdered PB
- 8g Sugar Free/Fat Free Butterscotch Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt
- 100g More Fairlife Fat Free Milk

Mix-Ins:

- 15g Reese's Puff Cereal

1. Add 240g of your fairlife milk and 240g of your almond milk to a bowl with 56g of Reese's Puff Cereal. Mix together well and add to the fridge for 6-7 hours to soak and make that cereal milk.
2. Once done, strain out the Reese's Puff Cereal to get the cereal milk. I got about 330g of the 480g of milk left.
3. So then add 100g more of your fairlife milk to the pint to make up the difference. Then add the rest of your dry ingredients and mix till smooth with a hand milk frother. Add to freezer till frozen preferably overnight.
4. Then once frozen, add to your creami holster and do the "Ice Cream" function. You'll notice when it's done, it's a little dry. That's by design! Trust the process!
5. Make a hole in the middle for the Reese's Puff mix-ins. Add those and then add back to the creami and do the mix-ins function. Then enjoy!

*Since there will be calories added from the Reese's Puff Cereal to the cereal milk, I equated to about 10g of Reese's Puff cereal into the macros. Most def could be more but about 1/5th of the cereal used is what I thought was a good estimate. This won't be perfect but good enough!

*Since there was only 330g of the 480g of milk left after the cereal milk, I had to add extra milk to make up the difference. About the same amount of milk in total was used for the macros so no need to add the extra 100g of each milk to the macros.



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories **404**

Total Fat 8g

Total Carbohydrate 30g

Protein 53g



REESES' PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fat Free Fairlife Milk
- 225g Unsweetened Vanilla Almond Milk
- 15g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 15g [Flex Peanut Butter Party Protein Cookie Butter Powder](#)
- 15g Powdered PB
- 8g Sugar Free/Fat Free Butterscotch Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 1 Reese's Snack Size PB Cup
- 10g Kashi Go Lean PB Cereal

1. Add all your ingredients into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. And after this first spin, you have an incredible protein pb ice cream!
4. But if you want a Reese's vibe, make a hole in the middle and add your mix-ins. Do the mix-ins function and then enjoy!



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories 301

Total Fat 5g

Total Carbohydrate 26g

Protein 38g



OREO CEREAL MILK PROTEIN ICE CREAM

INGREDIENTS:

- 240g Fairlife Fat Free Milk
- 240g Unsweetened Vanilla Almond Milk
- 56g OREO Cereal (not all in macros. See below)
- 30g Chocolate Whey/Casein Blend Protein Powder
- 12g Black Cocoa Powder
- 8g Sugar Free/Fat Free Cheesecake Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt
- 100g More Fairlife Fat Free Milk

Mix-Ins:

- 2 OREO Thins

1. Add 240g of your fairlife milk and 240g of your almond milk to a bowl with 56g of OREO Cereal. Mix together well and add to the fridge for 6-7 hours to soak and make that cereal milk.
2. Once done, strain out the OREO Cereal to get the cereal milk. I got about 330g of the 480g of milk left.
3. So then add 100g more of your fairlife milk to the pint to make up the difference. Then add the rest of your dry ingredients and mix till smooth with a hand milk frother. Add to freezer till frozen preferably overnight.
4. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go!
5. Then make a hole in the middle for the OREO mix-ins! Add those and then add back to the creami and do the mix-ins function. Then enjoy!

*Since there will be calories added from the OREO Cereal to the cereal milk, I equated to about 10g of OREO cereal into the macros. Most def could be more but about 1/5th of the cereal used is what I thought was a good estimate. This won't be perfect but good enough!

*Since there was only 330g of the 480g of milk left after the cereal milk, I had to add extra milk to make up the difference. About the same amount of milk in total was used for the macros so no need to add the extra 100g of each milk to the macros.



Nutrition Facts

Servings Size: 1 Pint w/out mix ins

Recipe Makes: 1 Serving

Amount Per Serving

Calories 255

Total Fat 8g

Total Carbohydrate 30g

Protein 53g



OREO COOKIES & CREAM PROTEIN ICE CREAM

INGREDIENTS:

- 225g Fat Free Fairlife Milk
- 225g Unsweetened Vanilla Almond Milk
- 15g [Flex Vanilla Whey/Casein Blend Protein Powder](#)
- 8g Sugar Free/Fat Free White Chocolate Pudding Mix
- 5g Zero Cal Sweetener of your choice
- Pinch of Sea Salt

Mix-Ins:

- 4 OREO Thins

1. Add all your ingredients (except OREOs) into your pint. Use small hand blender and mix till smooth.
2. Add pint to freezer till frozen. I just do mine the day before so they can freeze overnight. And also pro tip, get extra pints and then make 6 of these at one time so you have them for the whole week.
3. Then once frozen, add to your creami holster and do the "Lite Ice Cream" function. All you need to do is that function one time and you are good to go!
4. Now if you want to add mix-ins, make a hole in the middle and add in the OREO thins.
5. Add back to the creami and do the mix-ins function. Then enjoy!