
**The Ultimate Ninja CREAMi Deluxe Recipe
Book- Over 200 Frozen Treat Ideas for the
10-in-1 Ice Cream Maker with 3 Containers**

*Ice Cream, Sorbet, Frozen Yogurt, Milkshakes, Slushies
& More – Creative Recipes for Healthy Indulgence and
Creamy Desserts at the Touch of a Button*

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FOREWORD

Hi there, frozen treat lover!

We're so excited to welcome you to *The Ultimate Ninja CREAMi Deluxe Recipe Book – Over 200 Frozen Treat Ideas*. Before you dive into the creamy, dreamy goodness inside, there's one thing you should know: this version is **completely alcohol-free**—by design.

If you've seen other ice cream or Ninja CREAMi recipes, you might have noticed that many include alcohol—whether it's a splash of rum for texture or a flavored liqueur for taste. While that works for some, we wanted to create a version of this book that's more inclusive, more practical, and better suited to everyday life.

So, what does alcohol-free really mean for you?

It means every recipe in this book is safe and welcoming for all ages and all lifestyles. Whether you're making treats for your kids or grandkids, avoiding alcohol for health or personal reasons, or simply don't want to deal with specialty ingredients—you're in the right place.

We've carefully tested and tweaked these recipes to deliver all the creamy texture, bold flavor, and sweet satisfaction you expect—without using any alcohol at all. In fact, removing alcohol just made room for cleaner ingredients, easier prep, and more peace of mind. You don't need to rely on spirits to make a scoopable sorbet or a silky gelato. We've got other tricks up our sleeve, and you'll see how simple it can be.

So, grab your Ninja CREAMi Deluxe, pick a recipe that makes your mouth water, and know that you're about to enjoy something fun, easy, and completely alcohol-free—without missing a beat.

Ready to get started? Let's make something amazing!

Introduction

If you just unboxed your Ninja CREAMi Deluxe or you’ve been staring at it on your counter wondering, “*Now what?*”—you’re in exactly the right place.

Let’s start with the truth: **this machine isn’t just another trendy kitchen gadget**. It’s a powerful 10-in-1 frozen treat maker that takes the guesswork, mess, and mystery out of making your own ice cream, sorbet, frozen yogurt, milkshakes, and so much more. And it’s not hype. Once you understand how to use it, it unlocks a whole new level of convenience and creativity in your kitchen. This book is here to help you get there—fast.

Who This Book Is For

This book is for anyone who owns a Ninja CREAMi Deluxe and wants to *actually use it to its full potential*—without confusion, without complicated ingredients, and without wasting time.

It’s for:

- **Complete beginners** who have no clue where to start.
- **Busy parents** who want better options for their families.
- **Health-conscious eaters** looking for alternatives to sugary, artificial store-bought treats.
- **Creative cooks and dessert lovers** who want to experiment.
- **Anyone tired of spending \$6+ on pints that don’t even taste that good.**

Whether you want something rich and indulgent, light and fruity, protein-packed, dairy-free, low-sugar, or kid-approved, this book has your back.

Why the Ninja CREAMi Deluxe Stands Out

Here’s why this machine is different—and why it’s worth mastering:

- **Three containers** let you prep multiple flavors at once.
- **Ten functions** mean you can make not just ice cream, but gelato, sorbet, frozen yogurt, milkshakes, slushies, frappes, and frozen drinks.
- **Re-spin button** gives you full control over texture. Like it smoother? Just spin it again.
- **Pre-freeze and blend-free process** eliminates the mess and complexity of traditional ice cream making.

You don't need an ice cream maker with a churning paddle. You don't need liquid nitrogen. You don't even need fancy ingredients. Just prep your base, freeze it overnight, and spin when ready.

If you can use a blender, you can master the Ninja CREAMi Deluxe.

How to Think About Frozen Treats the “CREAMi” Way

Most people think making frozen desserts at home is complicated. They think they need:

- An ice cream maker with a compressor.
- Egg yolks and a stovetop custard.
- A freezer full of stabilizers and syrups.

Wrong.

With the Ninja CREAMi Deluxe, **you blend your ingredients (often just 2–5 of them), pour into the container, freeze it solid overnight, then spin it when you're ready.** That's it. Want to add crushed cookies, chocolate chips, or fruit swirls? You do that after the first spin. The machine even has a Mix-In mode made just for that.

What the CREAMi Deluxe Can Make

You didn't get the Ninja CREAMi Deluxe to make one flavor of ice cream and call it a day. This machine can do way more—and once you realize how much ground it covers, you'll never go back to store-bought pints or sugary coffee shop drinks again.

Here's what you can create with it—quickly, easily, and on your terms:

- **Ice Cream** – Rich, smooth, classic or bold flavors that taste like premium pints without the junk.
- **Lite Ice Cream** – Lower in calories, higher in protein, perfect for lighter treats without losing that creamy texture.
- **Sorbet** – Refreshing, fruity, dairy-free frozen desserts made with real ingredients.
- **Gelato** – Creamy and dense with deep flavor—if you've had gelato in Italy, this will hit close.
- **Frozen Yogurt** – Tangy, creamy, and endlessly customizable (think honey, fruit, granola, or swirl-ins).
- **Milkshakes** – Thick, decadent, better-than-diner-style shakes made in minutes.

- **Frozen Drinks** – From frozen lemonades to fruity refreshers and mocktails, ready to chill any mood.
- **Slushies** – Colorful, fun, fizzy drinks that feel like a treat but can be made with natural ingredients.
- **Frappes** – Cold, blended coffee-style drinks you can tweak to your taste—skip the \$7 café price tag.
- **Mix-Ins & Re-Spins** – Crushed cookies, fudge ribbons, fruit layers, candy bits—you name it. Create your dream combo.

The Deluxe model was built for flexibility, and this book taps into every feature it offers. You can make something rich and indulgent one day, fresh and clean the next, then bounce to protein-packed or dairy-free after that.

Once you understand how it works, the rest is simple. You pick the ingredients, load the container, press a button, and the machine does the rest. No stress. No second-guessing. Just the frozen treat you want—your way, every single time.

What You'll Learn

This book isn't just a collection of recipes. It's a full walkthrough of how to use your CREAMi Deluxe with confidence.

You'll learn:

1. **How to build a perfect base** – From classic vanilla to dairy-free, high-protein, or yogurt-based blends.
2. **How to freeze it properly** – Why timing matters and what to avoid if you want smooth spins.
3. **How and when to use Mix-Ins** – What works, what doesn't, and how to get that perfect swirl or crunch.
4. **When to Re-Spin** – How to fix textures and why this underrated button is your best friend.
5. **How to make healthy swaps** – Create sugar-free, plant-based, or high-protein versions without sacrificing flavor.
6. **Find Your Signature Style** – Tips to experiment, get creative, and make frozen treats that match your cravings and vibe.

Even if you've never made ice cream or dessert from scratch in your life, you'll be making pro-level creations in a few days.

Ready? Here's What to Do Next

If you're a beginner, start with the **Classic Bases** section. These are the building blocks for most of the recipes in this book.

Then try:

- **A simple vanilla or chocolate recipe**
- **One fruity sorbet or smoothie bowl**
- **A mix-in recipe** like cookies & cream or peanut butter swirl

From there, you can branch out to high-protein recipes, low-sugar frozen yogurts, milkshakes, frappes, and beyond. Once you get the hang of it, you'll realize how much fun it is to invent your own flavors too.

You don't need to be a chef. You just need a craving and a container. This book is here to show you exactly how to turn that into a frozen treat—every time.

CHAPTER 1: Ice Cream Recipes

1. Vanilla Bean Dream



Preparation time: 10 minutes | **Freezing time:** 24 hours | **Servings:** 4

Ingredients:

- 1 cup heavy cream
- $\frac{3}{4}$ cup whole milk
- $\frac{1}{2}$ cup granulated sugar
- 1 tbsp vanilla bean paste
- 1 tsp pure vanilla extract
- Pinch of salt

Instructions:

1. In a mixing bowl, whisk together the heavy cream, whole milk, sugar, vanilla bean paste, vanilla extract, and salt until the sugar is completely dissolved.
2. Pour the mixture into a Ninja CREAMi Deluxe pint container and secure the lid. Freeze for 24 hours until the mixture is completely solid.
3. After freezing, remove the container from the freezer and install it into the Ninja CREAMi Deluxe. Select the “Ice Cream” function and process.
4. If the texture is too crumbly, use the “Re-spin” function once or twice until smooth and creamy.

Serving size: $\frac{1}{2}$ cup

Nutritional Values (per serving): Calories: 270; Protein: 2g; Fats: 22g; Carbs: 17g

2. Rich Chocolate Fudge Ice Cream

Preparation time: 10 minutes | **Freezing time:** 24 hours | **Servings:** 4

Ingredients:

- 1 cup heavy cream
- $\frac{3}{4}$ cup whole milk
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{3}$ cup unsweetened cocoa powder
- 2 tbsp chocolate fudge sauce (room temperature)
- $\frac{1}{2}$ tsp pure vanilla extract
- Pinch of salt

Instructions:

1. In a medium bowl, whisk together heavy cream, whole milk, sugar, cocoa powder, fudge sauce, vanilla extract, and salt until smooth and fully blended.
2. Pour into a Ninja CREAMi Deluxe pint container, ensuring it does not exceed the max fill line.
3. Secure the lid and freeze for 24 hours until the mixture is solid.
4. After freezing, install the pint into the Ninja CREAMi Deluxe and select the “Ice Cream” function.
5. If necessary, use the “Re-spin” function to reach your desired creamy texture.

Serving size: $\frac{1}{2}$ cup

Nutritional Values (per serving): Calories: 290; Protein: 3g; Fats: 23g; Carbs: 20g

3. Strawberry Fields Ice Cream



Preparation time: 10 minutes | **Freezing time:** 24 hours | **Servings:** 4

Ingredients:

- 1 cup heavy cream
- $\frac{3}{4}$ cup whole milk
- $\frac{1}{2}$ cup granulated sugar

- 1 cup fresh strawberries, hulled and chopped
- 1 tsp pure vanilla extract
- 1 tsp lemon juice
- Pinch of salt

Instructions:

1. In a blender, combine the strawberries, sugar, vanilla extract, lemon juice, and salt. Blend until smooth.
2. Add heavy cream and milk, and pulse until just combined—do not over-blend. Pour the mixture into a Ninja CREAMi Deluxe pint container and secure the lid.
3. Freeze for 24 hours until completely solid. After freezing, install the container into the Ninja CREAMi Deluxe.
4. Select the “Ice Cream” function. If needed, use the “Re-spin” function once or twice for a smoother texture.

Serving size: ½ cup

Nutritional Values (per serving): Calories: 260; Protein: 2g; Fats: 20g; Carbs: 19g

4. Cool Mint Avalanche with Fudge Ribbons

Preparation time: 10 minutes | **Freezing time:** 24 hours | **Servings:** 4

Ingredients:

- 1 cup heavy cream
- ¾ cup whole milk
- ½ cup granulated sugar
- ½ tsp peppermint extract (not mint extract)
- 2–3 drops natural green food coloring (optional)
- ¼ cup chocolate fudge sauce (reserved for post-spin mix-in)
- Pinch of salt

Instructions:

1. In a bowl, whisk together the heavy cream, milk, sugar, peppermint extract, food coloring (if using), and salt until sugar is fully dissolved.
2. Pour mixture into a Ninja CREAMi Deluxe pint container and secure the lid. Freeze for 24 hours until solid.
3. After freezing, install the pint into the Ninja CREAMi Deluxe. Select the “Ice Cream” function. If the texture is crumbly, use the “Re-spin” function.
4. Once creamy, dig a small well in the center and add the fudge sauce. Run the “Mix-in” function to swirl in ribbons of chocolate fudge.

Serving size: ½ cup

Nutritional Values (per serving): Calories: 300; Protein: 2g; Fats: 23g; Carbs: 22g

5. Cookies 'n Galaxy Swirl



Preparation time: 10 minutes | **Freezing time:** 24 hours | **Servings:** 4

Ingredients:

- 1 cup heavy cream
- $\frac{3}{4}$ cup whole milk
- $\frac{1}{2}$ cup granulated sugar
- 1 tsp pure vanilla extract
- $\frac{1}{4}$ tsp salt
- 3 chocolate sandwich cookies, crushed (reserved for mix-in)
- 2 tbsp chocolate syrup (reserved for swirl mix-in)

Instructions:

1. In a mixing bowl, whisk together heavy cream, whole milk, sugar, vanilla extract, and salt until sugar is fully dissolved.
2. Pour the base mixture into a Ninja CREAMi Deluxe pint container. Secure the lid. Freeze for 24 hours until completely solid.
3. Remove container from freezer, install into the Ninja CREAMi Deluxe, and select the “Ice Cream” function.
4. If needed, use the “Re-spin” function once or twice to achieve a creamy texture.
5. Create a small well in the center of the pint, add crushed cookies and chocolate syrup, and run the “Mix-in” function to swirl and blend.

Serving size: $\frac{1}{2}$ cup

Nutritional Values (per serving): Calories: 310; Protein: 3g; Fats: 23g; Carbs: 24g