### Please make sure to read the enclosed safety instructions prior to using your unit.









20+ Delicious Recipes + Charts





# Your guide to creating creamy delights.

Welcome to the Ninja® CREAMi Breeze inspiration guide. From here you're just a few pages away from recipes, tips, tricks, and helpful hints to give you everything you need to process your favorite ingredients into healthy or indulgent creamy delights. Now let's get processing.

For more exciting, delicious recipes, scan this code or visit ninjatestkitchen.com



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## This is NOT a blender.



Do **NOT** process a solid block of ice or ice cubes.



Do **NOT** make a smoothie or process hard, loose ingredients.



Fruit must be crushed to release its juice or combined with other ingredients and frozen before processing.



**INSTALL LIGHT** If the install light is blinking and the power light is solid, make sure the pint is properly installed, and the lid is fully secured. This can be verified by ensuring that the arrow on the processing lid is aligned with one of the arrows on the pint. If both the power light and install light are flashing, make sure the paddle is installed in the processing lid.

**PROGRESS BAR** Indicates the progress of the one-touch program. All 4 progress bar LEDs will flash twice and then turn off when the program is complete.

**ONE-TOUCH PROGRAMS** Each One-Touch Program is intelligently designed to whip up delicious creations. Programs vary in length and speed depending on the optimal settings to get perfectly creamy results for that type of recipe.

## Get to know the One-Touch Programs

conscious consumers to make ice creams that are low in sugar or fat or use sugar substitutes. Choose when processing keto, paleo, or vegan recipes.  RECIPE Vanilla Ice Cream with Chocolate Chips brage 9  DRINKABLE  MILKSHAKE  Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought)  Designed to create quick and thick favorite ice cream (store-bought)  Designed to create quick and thick favorite ice cream (store-bought)  Designed to cream (store-bought)  Designed to cream (store-bought)  Conscious consumers to make ice creams that are low in sugar content into creamy delights. (Frozen together with dairy, dairy alternatives, or juice. Recipe  That are made from fruit (fresh or frozen) and/or vegetables frozen together with dairy, dairy alternatives, or juice. Recipe  That are made from fruit (fresh or frozen) and your content into creamy delights.  RECIPE  Thorical Smoothie Bowl page 36  MIX-IN  Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought)  Designed to fold in pieces of candies, cookies, nuts, cereal, or frozen fruit to customise your treat.	SCOOPABLE							
traditionally indulgent recipes. Great for turning dairy and dairy-alternative recipes into thick, creamy, and scoopable ice creams.  RECIPE Vanilla Ice Cream with Chip Ice Cream page 15  DRINKABLE  MILKSHAKE  Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake  Make today!  That are made from fruit (fresh or frozen) and/or vegetables frozen together with dairy, dairy alternatives, or juice.  RECIPE Tropical Smoothie Bowl page 42  MIX-IN  Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake  Make today!  That are made from fruit (fresh or frozen) and/or vegetables frozen together with dairy, dairy alternatives, or juice.  RECIPE Tropical Smoothie Bowl page 32  Make today!  That are made from fruit (fresh or frozen) and/or vegetables frozen together with dairy, dairy alternatives, or juice.  RECIPE Tropical Smoothie Bowl page 36  MIX-IN  Trecipes with high water and sugar content into creamy delights.  RECIPE One-Ingredient Canned Fruit Sorbet page 36  We recommend starting with the Easy Vanilla Ice Cream on page 8 before making this gelato.  MIX-IN  Designed to create quick and thick cookies, nuts, cereal, or frozen fruit to customise your treat.  RECIPE MIX-IN  Designed to ensure a smooth texture after running one of the preset programs. RE-SPIN is often needed when the base is very cold and the texture is crumbly rather than creamy. However, do not use when adding mix-ins.	ICE CREAM	LITE ICE CRI	EAM	SMOOTHIE BOWL		SORBET	GELATO	
Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake page 32  Make today!  Designed to fold in pieces of candies, cookies, nuts, cereal, or frozen fruit to customise your treat.  RECIPE Mix-in & Flavour Inspiration pages 26–31  Designed to ensure a smooth texture after running one of the preset programs. RE-SPIN is often needed when the base is very cold and the texture is crumbly rather than creamy. However, do not use when adding mix-ins.	Designed for traditionally indulgent recipes. Great for turning dairy and dairy-alternative recipes into thick, creamy, and scoopable ice creams.  RECIPE Vanilla Ice Cream with Chocolate Chips page 9	conscious consu- to make ice crea that are low in si or fat or use sug substitutes. Cho when processing paleo, or vegan <b>RECIPE</b> Dairy-free Mint Chip Ice Cream	imers ims ugar ar ose g keto,	that are made from fruit (fresh or frozen) and/or vegetables frozen together with dairy, dairy alternatives, or juice. <b>RECIPE</b> Tropical Smoothie Bowl	recipes and sug creamy RECIPE One-Ing Canned	with high water gar content into delights. gredient I Fruit Sorbet	cream.  RECIPE  Vanilla Bean Gelato page 21  We recommend starting with the Easy Vanilla Ice Crear on page 8 before	
Designed to create quick and thick milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake page 32  Make today!  Designed to fold in pieces of candies, cookies, nuts, cereal, or frozen fruit to customise your treat.  RECIPE Mix-in & Flavour Inspiration pages 26–31  Designed to ensure a smooth texture after running one of the preset programs. RE-SPIN is often needed when the base is very cold and the texture is crumbly rather than creamy. However, do not use when adding mix-ins.	DRINKABLE		₩IX-IN		O DE-SDIN			
milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake page 32  Make today!  cookies, nuts, cereal, or frozen fruit to customise your treat.  RECIPE Mix-in & Flavour Inspiration pages 26–31  make today!  cookies, nuts, cereal, or frozen fruit to customise your treat.  RECIPE Mix-in & Flavour Inspiration pages 26–31  make today!	MILKSHAI	KE						
No freezing required.	milkshakes. Simply combine your favorite ice cream (store-bought or homemade), milk, and mix-ins.  RECIPE Thick Chocolate Milkshake page 32  Make today!		ites, nuts, cereal, or frozen fruit to omise your treat. PE in & Flavour Inspiration		texture after running one of the preset programs. RE-SPIN is often needed when the base is very cold and the texture is crumbly rather than creamy. However, do not use			
	No freezing red	quired.	- 3					

# Freeze, then Creamify in minutes



### Adjust your freezer's temp

For best results, set your freezer between -12°C and -22°C. The CREAMI Breeze is designed to process bases within this range. (If your freezer temperature is within this range, your CREAMI tub should reach the appropriate temperature).



### Place the CREAMi tub on a level surface

For best results, do not process a base if ingredients have been frozen at an angle or scooped out of and then refrozen unevenly. (If frozen unevenly: melt, whisk, and then re-freeze the ingredients on a level surface).



### **Upright freezers work best**

We recommend not using a chest freezer as they tend to reach extremely cold temperatures.



### Freeze for 24 hours

While the CREAMi tub may be frozen, it needs to reach an even colder temperature before it can be processed.



### Frozen treats on demand

Make the most of your time by prepping several CREAMi tubs at once. Keep these CREAMi tubs in your freezer to Creamify on demand whenever the craving strikes. Register your product and receive a voucher to purchase additional CREAMi tubs. Visit ninjakitchen.co.uk.

# Tips for the creamiest results

### Pre-frozen ingredients taste sweeter

Worried your base mixture might be too sweet? Don't worry, it won't taste as sweet after you freeze and process it into a frozen treat.

### What to do about leftovers

#### For SCOOPABLES

Didn't finish your CREAMi tub? Flatten the top of your frozen treat with a spoon or spatula before refreezing. If the treat is hard after re-freezing, process it again on the **program you used to make it**. If it's soft, just scoop and enjoy it.

**NOTE:** If your treat contains mix-ins, processing again will further crush your mix-ins and create a new flavour.

### Making an ice bath

For recipes that require cooking the base, we recommend using an ice bath to quickly cool the base prior to freezing. To prepare an ice bath, fill a large bowl with ice and water. Then place your CREAMi tub in the ice water. Once your base has cooled below 4°C, place the CREAMi tub in the freezer.







## General ingredient substitutes

Dairy-free? Vegan? Low carb? You can still make delicious treats that fit your lifestyle. For the best results, be sure to follow the instructions, carefully measure, and use the tips below when making any substitutions.



### **Dairy Substitutes**

Double cream Unsweetened

Cream Vegan cream cheese

**NOTE:** Make sure to use unsweetened substitutes and to whisk coconut cream by itself as the first step.



### Sugar Substitute

For recipe specific substitutes, please refer to the recipes in the following pages.

Light corn → Raw agave nectar

**NOTE:** If using sugar substitutes, use the **♦ LITE ICE CREAM** program to process.

## Easy Chocolate Ice Cream







PREP: 5-10 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

#### **INGREDIENTS**

18g cream cheese, softened 20g cocoa powder 55g caster sugar 1 teaspoon vanilla extract 150ml double cream 230ml whole milk

### **TOOLS NEEDED**



Large bowl

Whisk

Silicone spatula



If cocoa powder is lumpy, sift to remove lumps.



It is normal for some of the chocolate to settle at the bottom of the tub during freezing.

### **DIRECTIONS**

- In a large bowl, microwave the cream cheese for 10 seconds or alternatively, soften by mixing with a spoon. Add the cocoa powder, sugar and vanilla extract. With a whisk or silicone spatula, beat for about 60 seconds until the mixture looks like frosting.
- 2. Slowly mix in the double cream and milk until fully combined and sugar is dissolved.
- **3.** Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- **4.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select ICE CREAM.
- **6.** Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.



### Vanilla Ice Cream With Chocolate Chips





PREP: 5 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

18g cream cheese, softened
55g caster sugar
1 teaspoon vanilla extract
150ml double cream
230ml whole milk
45g mini chocolate chips, for mix-in

### **TOOLS NEEDED**



Large bowl

Whisk

Silicone spatula

### **DIRECTIONS**

- In a large bowl, mircowave the cream cheese for 10 seconds. Add the sugar and vanilla extract. With a whisk or silicone spatula, beat for about 60 seconds until the mixture looks like frosting.
- Slowly mix in the double cream and milk until fully combined and sugar is dissolved.
- **3.** Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- **4.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select ICE CREAM.
- **6.** With a spoon, create a 4cm wide hole that reaches the bottom of the tub. Add 45g chocolate chips to the hole\* and process again using the MIX-IN program.
- \*It's fine if level is above MAX FILL line.
- **7.** Once processing is complete, remove ice cream from tub and serve immediately.



**Don't fancy chocolate chips?** Refer to pages 26-31 for MIX-IN ideas.



## No-Cook Strawberry Ice Cream







**PREP:** 15 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

225g fresh strawberries, trimmed, cut in quarters 100g granulated sugar 1 teaspoon golden syrup 1 teaspoon lemon juice 250ml double cream

### **TOOLS NEEDED**



Large bowl

Whisk

We recommend adding white chocolate chips as a mix-in to make this ice cream even sweeter.

### **DIRECTIONS**

- 1. In a large bowl, add strawberries, sugar, golden syrup and lemon juice. Using a fork, mash strawberries. Allow mixture to sit for 10 minutes, stirring regularly.
- 2. Add cream and mix until well combined.
- 3. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select ICE CREAM.
- 6. Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### Raspberry Crush Ice Cream











**PREP: 10 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

120g frozen raspberries, divided 100g condensed milk, divided

180ml double cream

½ teaspoon vanilla extract

1 ready-made meringue nest, broken into pieces. for mix-in

### **TOOLS NEEDED**









Large bowl

Whisk

Silicone spatula



#### **DIRECTIONS**

- 1. In a small bowl, add 100g raspberries and microwave for 1 minute to thaw. Stir in 2 tablespoons condensed milk and using a fork mash together.
- 2. In a large bowl, whisk remaining condensed milk, double cream and vanilla extract together, until thick. Fold in raspberry puree from step 1.
- 3. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select ICE CREAM.
- 6. With a spoon, create a 4cm wide hole that reaches the bottom of the tub. Add meringue nest and 20g of frozen raspberries to the hole\* and process again using the MIX-IN program.

\*It's fine if level is above MAX FILL line.

7. Once processing is complete. remove ice cream from tub and serve immediately.

#### **INGREDIENTS**

**PREP: 5 MINUTES** 

**MAKES:** 4 SERVINGS

**BEST WITHIN: 2 WEEKS** 

150g sweetened nut spread of your choice (pistachio, hazelnut, almond, hazelnutchocolate, etc.)

100ml whipping cream

250ml whole milk

1 teaspoon flavouring extract of choice (pistachio, hazelnut, almond, etc.), optional Pinch of salt

### **TOOLS NEEDED**





Large bowl Whisk



### **DIRECTIONS**

- 1. Place all ingredients in a large bowl and mix well, until spread is dissolved and evenly distributed.
- 2. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- **3.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select ICF CREAM.
- 5. Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Add 3 tablespoons of the toasted, chopped nut of your choice as a mix-in after processing.

### Dairy-Free Vanilla Coconut Ice Cream















**PREP: 5 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

#### **INGREDIENTS**

1 can (400g) full-fat unsweetened coconut milk 95g caster sugar 1 teaspoon vanilla extract

### **TOOLS NEEDED**



Medium Bowl

Whisk



### **DIRECTIONS**

- 1. Shake or stir the can of coconut milk. Then, in a medium bowl, whisk all ingredients together until well combined and sugar is dissolved.
- 2. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- 3. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select ICE CREAM.
- 5. Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Create new flavours by adding 2 tablespoons cocoa powder for a chocolate coconut ice cream, 2 tablespoons instant coffee for a coffee coconut ice cream, or substitute vanilla extract for lemon extract for a lemon coconut ice cream.

### **Dairy-Free Mint** Chip Ice Cream













**PREP: 5 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

1 can (400g) full-fat **unsweetened** coconut milk 95g caster sugar

1/2 teaspoon peppermint extract 45g vegan mini chocolate chips, for mix-in

### **TOOLS NEEDED**



Medium bowl

Whisk



### **DIRECTIONS**

- 1. Shake or stir the can of coconut milk. Then, in a medium bowl, whisk together the coconut milk, sugar and peppermint extract until well combined and sugar is dissolved.
- 2. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- 3. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select ICF CREAM.
- 5. With a spoon, create a 4cm wide hole that reaches the bottom of the tub. Add 45g vegan mini chocolate chips to the hole\* and process again using the MIX-IN program.
- \*It's fine if level is above MAX FILL line.
- 6. Once processing is complete. remove ice cream from tub and serve immediately.

## Fig, Honey and Ginger Frozen Yogurt







## Vanilla Frozen Yogurt







PREP: 5 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

90ml plain whole milk yogurt

135ml double cream

135ml whole milk

70g caster sugar

1 teaspoon vanilla extract

40g stem ginger in syrup, drained and

finely chopped

3 ripe figs, chopped

2 tablespoons honey

### **TOOLS NEEDED**





Whisk



#### **DIRECTIONS**

- In a large bowl, whisk together yogurt, cream, milk, sugar and vanilla until sugar is dissolved.
- **2.** Add ginger, figs and honey to bowl and whisk until mixture is fully combined.
- **3.** Pour base into empty tub. Place lid on tub and freeze for 24 hours.
- **4.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select ICE CREAM.
- **6.** Once processing is complete, add mix-ins or remove yogurt from tub and serve immediately.

RE-SPIN

Use if crumbly for a creamier result, if not adding mix-ins.

### **INGREDIENTS**

**PREP:** 5 MINUTES

**MAKES:** 4 SERVINGS

**BEST WITHIN: 2 WEEKS** 

90ml plain whole milk yogurt 135ml double cream 135ml whole milk 70g caster sugar 1 teaspoon vanilla extract

### **TOOLS NEEDED**



Large Bowl

Whisk



### **DIRECTIONS**

- Place yogurt, double cream, milk, sugar and vanilla into a large bowl and whisk until mixture is fully combined and sugar is dissolved.
- **2.** Pour base into empty tub. Place lid on tub and freeze for 24 hours.
- **3.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select ICE CREAM.
- **5.** Once processing is complete, add mix-ins or remove yogurt from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.



Ideal recipe for mix-ins.

Refer to pages 26-31 for MIX-IN ideas.

### LiteVanilla Ice Cream











**PREP:** 5 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

225ml single cream 140ml semi-skimmed milk 1 teaspoon vanilla extract 2 tablespoons stevia granules 2 tablespoons light agave syrup

### **TOOLS NEEDED**





Large Bowl Whisk

#### **DIRECTIONS**

- 3. Pour base into empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select LITE ICE CREAM.
- 6. Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



- 1. Place all ingredients into a large bowl.
- 2. Whisk ingredients until completely mixed.



Use if crumbly for a creamier result, if not adding mix-ins.

### **DIRECTIONS**

- 1. Place all ingredients into jug of a blender.
- 2. Blend ingredients on high until completely blended.
- 3. Pour base into empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select LITE ICE CREAM.
- 6. Once processing is complete, add mix-ins or remove ice cream from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.



Ideal recipe for mix-ins.

Refer to pages 26-31 for MIX-IN ideas.













 $\Diamond$ 

Lite

Ice Cream

**INGREDIENTS** 

250ml oat cream

120ml oat milk

**PREP:** 5 MINUTES

**MAKES:** 4 SERVINGS

**BEST WITHIN: 2 WEEKS** 

1 teaspoon vanilla extract

3 pitted dates

3 tablespoons light agave syrup

### **TOOLS NEEDED**



Blender



Ideal recipe for mix-ins. Refer to pages 26-31 for MIX-IN ideas.

### Dairy Free, **Light Chocolate** Ice Cream













**PREP: 5 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WFFKS** 

### INGREDIENTS

250ml oat cream

120ml oat milk

1 teaspoon vanilla extract

2 tablespoons cocoa powder

3 pitted dates

3 tablespoons light agave syrup

### TOOLS NEEDED



Blender

### **DIRECTIONS**

- a blender.
- completely blended.
- 3. Pour base into empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select LITE ICE CREAM.
- mix-ins or remove ice cream from tub and serve immediately.



- 1. Place all ingredients into jug of
- 2. Blend ingredients on high until

6. Once processing is complete, add



Use if crumbly for a creamier result, if not adding mix-ins.

### Vanilla Bean Gelato







**PREP: 5 MINUTES** 

**COOK TIME: 7-10 MINUTES MAKES: 4 SERVINGS BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

4 large egg volks

1 tablespoon golden syrup

55g caster sugar

250ml double cream

90ml whole milk

1 whole vanilla pod, split in half lengthwise, scraped or 1 teaspoon vanilla bean paste

### **TOOLS NEEDED**



Small saucepan

Whisk

Silicone spatula

Thermometer

Fine-mesh sieve



Can substitute vanilla extract if preferred, instead of vanilla pod or vanilla bean paste.

It is important to stay within the 74°C-79°C range. The eggs should reach at least 74°C for them to be food safe but will curdle and scramble if overcooked. Additionally, cooking to this temperature range integrates the sugar and thickens the mixture, resulting in smoother texture.

### **DIRECTIONS**

- 1. Place egg yolks, golden syrup and sugar into a small saucepan and whisk until fully combined and sugar is dissolved.
- 2. Add double cream, milk and vanilla pod to saucepan and stir to combine.
- 3. Place saucepan on hob over medium heat. stirring constantly with a whisk or silicone spatula. Cook until temperature reaches 74-79°C on an instant-read thermometer.
- 4. Remove base from heat and pour through a fine-mesh sieve into an empty tub. Place tub into an ice bath. Once cooled, place lid on tub and freeze for 24 hours.
- 5. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 6. Select GELATO.
- 7. Once processing is complete, add mix-ins or remove gelato from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Refer to pages 26-31 for MIX-IN ideas.

Ideal recipe for mix-ins.

### Rich Chocolate Gelato





**PREP:** 5 MINUTES

COOK TIME: 7-10 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

4 large egg yolks

80g caster sugar

15g cocoa powder, sifted

230ml double cream

100ml whole milk

50g dark chocolate 74% solids, broken into small pieces

### **TOOLS NEEDED**



Small saucepan

Whisk

Silicone spatula

Thermometer

Fine-mesh sieve



Double cream can be swapped for whipping cream.



Ideal recipe for mix-ins.

Refer to pages 26-31 for MIX-IN ideas.

### **DIRECTIONS**

- Place egg yolks, sugar and cocoa powder into a small saucepan. Whisk until fully combined.
- 2. Add double cream and milk and stir to mix in.
- **3.** Place saucepan on hob over medium heat, stirring constantly with a whisk or silicone spatula. Cook until temperature reaches 74-79°C on an instant-read thermometer.
- 4. Remove from heat, stir in chocolate and pour through a fine-mesh sieve into an empty tub. Place tub into an ice bath. Once cooled, place lid on tub and freeze for 24 hours.
- **5.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 6. Select GELATO.
- Once processing is complete, add mix-ins or remove gelato from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### Salted Caramel Gelato





FREEZE TIME 24 HOURS

PREP: 10 MINUTES

COOK TIME: 10-15 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

#### **INGREDIENTS**

80g granulated sugar

230ml double cream, warm with milk in a microwave to a temp of 50°C

180ml whole milk

½ teaspoon sea salt flakes

4 medium egg yolks

½ teaspoon vanilla extract

### **TOOLS NEEDED**



Medium saucepan Wooden Spoon Small bowl

Whisk

Silicone spatula

Thermometer

Fine-mesh sieve

4. Whisk yolks into caramel mixture in saucepan and raise heat to medium, stirring constantly with a whisk or silicone spatula. Cook until temperature reaches 74-79°C on an instant-read

thermometer.

5. Remove base from heat, add vanilla and pour through a fine-mesh sieve into an empty tub. Place tub into an ice bath. Once cooled, place lid on tub and freeze for at least 24 hours.

- **6.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 7. Select GELATO.
- **8.** Once processing is complete, add mix-ins or remove gelato from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Once the gelato is ready, add 2 tablespoons of salted butter caramel as a mix-in, for even richer flavour.

It is important to stay within the 74°C-79°C range. The eggs should reach at least 74°C for them to be food safe but will curdle and scramble if overcooked. Additionally, cooking to this temperature range integrates the sugar and thickens the mixture, resulting in smoother texture.

### **DIRECTIONS**

- 1. Place sugar in a medium saucepan over moderate heat, stirring occasionally with a wooden spoon, until it melts, then caramelises into a rich copper colour and just begins to smoke, (this may take around 10 minutes). Note: If the colour is too light, your ice cream will be sweet but without depth of flavour: if it's too dark, it will taste burnt.
- Remove pan from heat and gradually whisk in half the cream, milk and salt. THE CARAMEL WILL HARDEN INTO A LUMP. Return pan to low heat and stir until any hardened caramel is dissolved. Add in remaining amount of milk and cream.
- **3.** In a small bowl, whisk egg yolks slightly and then whisk in a small amount of the warm caramel mixture.

### **Honey Gelato**







**PREP:** 5 MINUTES

COOK TIME: 7-10 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

3 large egg yolks 175ml whipping cream 175ml whole milk 60g strong flavoured honey (such as forest honey)

### TOOLS NEEDED



Small bowl

Pinch of salt

Small saucepan

Whisk

Wooden Spoon

Silicone spatula

Fine-mesh sieve

Thermometer



Double cream can be swapped for whipping cream.



Ideal recipe for mix-ins.

Refer to pages 26-31 for MIX-IN ideas.

### **DIRECTIONS**

- **1.** In a small bowl, lightly whisk the egg yolks and set aside.
- **2.** Place whipping cream, milk, honey and salt in saucepan and stir to combine.
- Place saucepan on stove over medium heat, stirring constantly with a whisk, wooden spoon or silicone spatula.
- 4. Whisk in a small amount of the warm honey mixture into the egg yolks, then whisk yolks into the saucepan and continue to cook until temperature reaches 74-79°C on an instant-read thermometer
- **5.** Remove base from heat and pour through a fine-mesh sieve into an empty tub. Place tub into an ice bath. Once cooled, place lid on tub and freeze for at least 24 hours.
- **6.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 7. Select GELATO.
- **8.** Once processing is complete, add mix-ins or remove gelato from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### **Coffee Gelato**





FREEZE TIME 24 HOURS

**PREP:** 5 MINUTES

COOK TIME: 7-10 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

3 large egg yolks

80g caster sugar

200ml whipping cream

170ml whole milk

2 teaspoons (2 sachets, about 4g) instant espresso Pinch of salt

### **TOOLS NEEDED**



Small saucepan

Whisk

Silicone spatula

Thermometer

Fine-mesh sieve

Add 3 tablespoons of chocolate chips, meringue pieces or praline as a MIX-IN after processing.

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It is important to stay within the 74°C-79°C range. The eggs should reach at least 74°C for them to be food safe but will curdle and scramble if overcooked. Additionally, cooking to this temperature range integrates the sugar and thickens the mixture, resulting in smoother texture.

### **DIRECTIONS**

- Place egg yolks and caster sugar into a small saucepan and whisk until fully combined and sugar is dissolved.
- 2. Add whipping cream, milk, instant espresso and salt to saucepan and stir to combine.
- **3.** Place saucepan on hob over medium heat, stirring constantly with a whisk or silicone spatula. Cook until temperature reaches 74-79°C on an instant-read thermometer.
- 4. Remove base from heat and pour through a fine-mesh sieve into an empty tub. Place tub into an ice bath. Once cooled, place lid on tub and freeze for at least 24 hours.
- **5.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 6. Select GELATO.
- Once processing is complete, add mix-ins or remove gelato from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

## Mix-ins

Mix in chocolate, nuts, sweets, fruit and more to elevate any treat with bursts of flavour.



### Hard mix-ins will remain intact.

Mix-ins like **chocolate**, **sweets** and **nuts** will not be broken down during the MIX-IN program. We recommend using **mini chocolate chips, mini sweets** or **pre-chopped ingredients**.



### Soft mix-ins will get broken down.

Mix-ins like **cookies** and **frozen fruit** will end up smaller after the MIX-IN program. We recommend using bigger pieces of soft ingredients.



### FOR ICE CREAM & GELATO ONLY

### We don't recommend

fresh fruit, sauces and spreads to use as mix-ins.

Adding fresh fruit, fudge and caramel sauces will soften your treat. Chocolate hazelnut spread and nut butters generally do not incorporate well. We recommend using frozen fruit or chocolate/caramel shell toppings with the mix-in program and only enjoying sauces and spreads as toppings.

## Make one-of-a-kind treats with extracts & mix-ins



1. Make a base

Start by making any base from this guide & add an extract if desired.



To make even more flavours, substitute vanilla extract with 1 teaspoon of fruit, herb or nut extract.



2. Freeze

Cover with lid and freeze for 24 hours

Keep several prepped tubs in your freezer for ice cream on demand.







### 3. Process

Select the program that matches your base ICE CREAM GELATO LITE ICE CREAM



### 4. Add mix-ins

With a spoon, create a 4cm wide hole that reaches the bottom of the tub.

Add your mix-ins to the hole in the tub.



5. Process

Press MIX-IN program.

Don't want to wait? Scoop in some shop-bought ice cream into the tub and skip to step 4.

### Get creative with mix-ins

Here are some ideas to get you started...





Base: Vanilla

(leave out vanilla extract)

**Extract:** 1 tsp peppermint extract (Add green food

colouring, optional)

Mix-in: 45g mini chocolate chips



Strawberry

Base: Strawberry

Extract: N/A

**Mix-in:** 2 tbsp freeze dried strawberries or strawberry flakes



**Death by Chocolate** 

Base: Chocolate
Extract: N/A

**Mix-in:** 2 tbsp mini chocolate chips, 2 tbsp brownie bits



**Chocolate Chip Cookie Dough** 

Base: Vanilla Extract: N/A

Mix-in: 45g edible frozen cookie dough chunks + 1 tbsp mini chocolate chips



**Rocky Road** 

Base: Chocolate
Extract: N/A

Mix-in: 2 tbsp almonds,

chopped, 2 tbsp chocolate chips, 1 tbsp marshmallow topping



**Cookies & Cream** 

Base: Vanilla

Extract: Vanilla, as per recipe

Mix-in: 3 chocolate sandwich

biscuits, broken

### **Chocolate Caramel Nut Cluster**

Base: Vanilla Extract: N/A

Mix-in: 45g chocolate covered caramel sweets (broken), 2 tablespoons roasted hazelnuts (broken)

### **Sundae Cone**

Base: Vanilla Extract: N/A

Mix-in: 1 tbsp chocolate shell topping, 2 tbsp peanuts, 2 tbsp sugar cone pieces

### **Banana Chocolate Chunk**

Base: Vanilla, Chocolate

Extract: N/A

**Mix-in:** 1 tbsp banana chips, broken into pieces, 2 tbsp chocolate chips

### **Chocolate Cookies & Cream**

Base: Chocolate
Extract: N/A

Mix-in: 3 chocolate sandwich

biscuits, broken

### **Chocolate Toffee Crunch**

Base: Chocolate

Extract: N/A

Mix-in: 45g chocolate toffee

bar, cut into 1cm slices

### **Chocolate Cherry Chip**

Base: Chocolate

Extract: N/A

**Mix-in:** 2 tbsp mini chocolate chips, 45g frozen cherries

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For best results chop or break mix-ins into smaller pieces before adding to your frozen treat.

### Get creative with mix-ins (continued)



#### **Chocolate Chip**

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 45g mini chocolate chips

### **Peanut Butter Cup**

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 45g mini peanut

butter cups

### **Brownie Chunk**

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 45g brownie chunks

#### **Mint Cream Chocolate**

Base: Chocolate
Extract: N/A

Mix-in: 6 After Eight®, roughly chopped

### Hazelnut

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 22g Kinder Bueno®,

broken into pieces

#### **Chocolate Crunch**

Base: Chocolate
Extract: N/A

Mix-in: 40g Crunchie® bar,

roughly chopped

#### **Maltesers®**

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 40g whole Maltesers®

### Honeycomb

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 20g honeycomb,

broken up

### **Turkish Delight**

Base: Chocolate or Vanilla

Extract: N/A
Mix-in: 51g bar,

roughly chopped

#### Lemon Vanilla

Base: Vanilla

(leave out vanilla extract)

Extract: 1 tsp lemon extract

Mix-in: N/A

### **Orange Cream**

Base: Vanilla

(leave out vanilla extract)

Extract: 1 tsp orange extract

Mix-in: N/A

### **Coconut Chocolate**

Base: Chocolate

Extract: N/A

Mix-in: 57g Bounty® bars,

roughly chopped

#### **Roasted Pistachio**

Base: Vanilla

(leave out vanilla extract)

**Extract:** 1 tsp almond extract (Add green food colouring,

optional)

**Rum Raisin** 

Base: Vanilla

Extract: N/A

in 1 tsp rum)

Mix-in: 45g roasted pistachios,

Mix-in: 40g raisins (soaked

shells removed, chopped

### **Chocolate Coconut Almond Bar**

Base: Vanilla

(leave out vanilla extract)

Extract: 1 tsp Coconut extract

**Mix-in:** 3 tbsp almonds, 1 tbsp chocolate chips.

1 tbsp coconut flakes

### Raspberry

Base: Vanilla

(leave out vanilla extract)

**Extract:** 1 tsp Raspberry extract

**Mix-in:** 2 tbsp freeze dried raspberries or raspberry flakes

Salted Caramel

Base: Chocolate

Extract: N/A

Mix-in: 2 tbsp salted caramel

**Chocolate Flake** 

Base: Chocolate or Vanilla

Extract: N/A

Mix-in: 1 flake,

32g (broken into 4)

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For best results chop or break mix-ins into smaller pieces before adding to your frozen treat.

### **ENJOY TODAY**

# Thick Chocolate Milkshake

PREP: 2 MINUTES | PROGRAM TIME: 1 ½ MINUTES | MAKES: 1-2 SERVINGS

### **INGREDIENTS**

300g chocolate ice cream 125ml whole milk

**MAKE IT DAIRY-FREE** Use dairy-free ice cream and either oat milk or plant-based coffee creamer instead of whole milk.

### **DIRECTIONS**



Place all ingredients in an empty tub in the order listed.



Please use the Quick Start Guide for assembly and processing information.



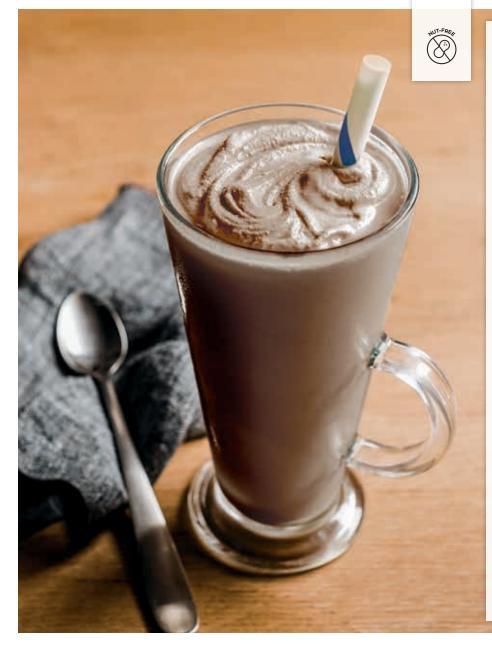
Select MILKSHAKE.



Once processing is complete, add mix-ins or RE-SPIN if desired. Then remove milkshake from tub and serve immediately.

You can also turn any ice cream recipe in this guide into a milkshake. Simply process your frozen base on the ICE CREAM program first. Then create a hole, add milk and mix-ins, and process again using the MILKSHAKE program.

If you would like your milkshake thinner, add 1-2 tbsp of milk and select RE-SPIN and process until desired texture is achieved.



### Mix up the flavour

Is chocolate too plain for you?
Before processing, use a spoon to create a 4cm hole that reaches the bottom of the tub.
Pour the milk and mix-ins into the hole.
Select MILKSHAKE to process.



We recommend using chocolate chips, sweets or chopped nuts and harder mix-ins



softer mix-ins like biscuits and cereal.

# Enjoy today Fresh Strawberry Milkshake





NO FREEZING

PREP: 2 MINUTES
MAKES: 1-2 SERVINGS

#### **INGREDIENTS**

200g vanilla ice cream85ml whole milk100g fresh strawberries, stems removed and cut in half

### **DIRECTIONS**

- Place all ingredients into empty tub in the order listed, (no need to make a hole).
- **2.** Please use the Quick Start Guide for assembly and processing information.
- 3 Select MILKSHAKE.
- **4.** Once processing is complete, add mix-ins or RE-SPIN if desired. Then remove milkshake from tub and serve immediately.







NO FREEZING

PREP: 2 MINUTES
MAKES: 1-2 SERVINGS

### **INGREDIENTS**

220g vanilla ice cream 100ml whole milk 3 Oreos®, broken up

### **DIRECTIONS**

- Place ice cream into empty tub. With a spoon, create a 4cm wide hole that reaches the bottom of the tub. Add milk and Oreos\* to the hole in the tub.
- **2.** Please use the Quick Start Guide for assembly and processing information.
- 3. Select MILKSHAKE.
- 4. Once processing is complete, add mix-ins or RE-SPIN if desired. Then remove milkshake from tub and serve immediately.





## Fresh Fruit Sorbet

PREP: 5-10 MINUTES | FREEZE TIME: 24 HOURS | MAKES: 4 SERVINGS | BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

4 ripe bananas (approx.), peeled, cut in 1cm pieces



### Don't like bananas?

Swap in fresh oranges, pineapples, or combine them for even more flavour. When combining, mix cut fruit before adding to the tub for a consistent flavour.

Fresh Pineapple Sorbet: 600g ripe pineapple, cut in 1cm pieces
Fresh Orange Sorbet: 5 oranges (approx.) peeled, cut in 1cm pieces

NOTE: Using any other fruits except banana, pineapple and orange for this recipe may damage the unit.

### **DIRECTIONS**



Slice bananas or other fruit into 1cm pieces. It is important to cut the fruit into pieces 1cm or smaller.



Add banana into an empty tub to the MAX FILL line.



With the back of a heavy kitchen utensil, such as a ladle or potato masher, firmly press the bananas below the MAX FILL line, compacting them into a homogenous mixture to create space for more bananas.



Continue adding more banana pieces and pressing down with a heavy kitchen utensil until all banana pieces are pressed into the tub just below the MAX FILL line. Place lid on tub and freeze for 24 hours.





Remove tub from freezer and remove lid from tub. To assemble ready for processing, refer to Steps 1-5 in the Quick Start Guide.



Once bowl is in place, ensure the unit is switched on.

Select SORBET.



Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Make sure to firmly press the fruit into the tub to release the fruit's natural juice. This is an important step when making a sorbet recipe that doesn't include extra liquid. **DO NOT** process loose ingredients.

and allow the unit to properly process the sorbet.

For best results, make sure your fruit is ripe. This will help

release the fruit's natural juices making for a sweeter treat

### No-Prep Pineapple Sorbet













**PREP: 2 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

1 can (400g) pineapple chunks or rings

Explore different flavours by using other canned fruits such as mango, pear or peaches.



#### **DIRECTIONS**

- 1. Fill an empty tub to the MAX FILL line with chunks of fruit. Next. cover pineapple with liquid from the can. Don't worry if it doesn't reach the MAX FILL line, there is no minimum fill. Place lid on tub and freeze for 24 hours.
- 2. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 3. Select SORBET.
- 4. Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### Strawberry Sorbet

**PREP:** 5 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

450g fresh strawberries, trimmed and sliced 75g caster sugar 75g hot water, 60-70°C

### **TOOLS NEEDED**



Fine-mesh sieve







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### **DIRECTIONS**

- 1. In a large bowl, add the strawberries and sugar and mash together with a fork. Stir in water and whisk until smooth.
- 2. Pour base through a fine-mesh sieve into an empty tub. Place lid on tub and freeze for 24 hours.
- **3.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select SORBET.
- 5. Once processing is complete, add mixins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### No-Prep Gin and Tonic Sorbet











**PREP: 2 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

2 x 240ml cans of pre-mixed Gin and Tonic

You can use any pre-prepared cocktail mix in this recipe - so if you prefer an Espresso Martini or Cosmopolitan, just swap out the Gin and Tonic for your preferred cocktail.



### **DIRECTIONS**

- 1. Pour pre-mixed Gin and Tonic into an empty tub up to but not beyond the MAX FILL line. Place lid on tub and freeze for 24 hours.
- 2. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 3. Select SORBET.
- 4. Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.

### Pineapple-**Coconut Sorbet**







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**PREP: 2 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

#### **INGREDIENTS**

110g canned pineapple drained and 100ml canned pineapple juice 200ml full fat coconut milk 2 tablespoons icing sugar

### **TOOLS NEEDED**



Medium bowl Whisk



### **DIRECTIONS**

- 1. Place all ingredients in a medium bowl and mix well, until sugar is dissolved.
- 2. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- **3.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select SORBET.
- 5. Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### Watermelon Sorbet

**PREP:** 5 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 



2 tablespoons agave syrup Juice of ½ lime 350g watermelon, chopped

### **TOOLS NEEDED**



Small Bowl Whisk











24 HOURS

### **DIRECTIONS**

- 1. In a small bowl whisk together the agave syrup with the lime juice.
- 2. Place watermelon pieces into tub, up to but not beyond the MAX FILL line. Pour agave and lime juice over watermelon.
- 3. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select SORBET.
- 6. Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

Taste your watermelon when chopping and adjust the amount of agave as necessary: less ripe watermelon may need more sweetener.

### Lemon Sorbet

**PREP:** 5 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

#### **INGREDIENTS**

100g caster sugar 1 tablespoon golden syrup 210ml hot water, 60-70°C 100ml lemon juice

### **TOOLS NEEDED**



Large bowl Whisk







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FREEZE TIME 24 HOURS

### **DIRECTIONS**

- 1. In a large bowl, whisk together sugar, golden syrup and warm water until sugar is dissolved. Add lemon juice and whisk until fully combined.
- 2. Pour base into an empty tub. Place lid on tub and freeze for 24 hours.
- 3. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select SORBET.
- 5. Once processing is complete, add mix-ins or remove sorbet from tub and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### **Dark Chocolate** Sorbet













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**PREP: 15 MINUTES MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

### **INGREDIENTS**

450ml water 120g caster sugar 45g cocoa powder 120g dark chocolate, chopped

### **TOOLS NEEDED**



Small Saucepan Medium Bowl

Whisk

#### **DIRECTIONS**

- 1. Place water, sugar and cocoa powder into a small saucepan, heat until just simmering, whisk until fully combined and sugar is dissolved.
- 2. Place chopped chocolate in a medium bowl, pour hot mixture over the chocolate and stir. Cool.
- 3. Pour cooled base into an empty tub. Place lid on tub and freeze for 24 hours.
- 4. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 5. Select SORBET.
- 6. Once processing is complete, add mix-ins or remove sorbet and serve immediately.



Use if crumbly for a creamier result, if not adding mix-ins.

### Strawberry and Banana Smoothie Bowl





**PREP:** 5 MINUTES **MAKES:** 4 SERVINGS **BEST WITHIN: 2 WEEKS** 

#### **INGREDIENTS**

120g strawberries, cut into thin slices 75g ripe peeled bananas, cut into ½cm slices 150ml yogurt 100ml whole milk

#### **TOPPINGS (optional)**

Banana chips Strawberry slices Toasted almond flakes



#### **DIRECTIONS**

- 1. Fill an empty tub with fruit in order of ingredients.
- 2. Cover fruit with yogurt and milk. Place lid on tub and freeze for 24 hours.
- 3. Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- 4. Select SMOOTHIF BOWL, When finished, your smoothie bowl will have a thick, spoonable consistency.
- **5.** Once processing is complete, transfer the processed base to a bowl and decorate with desired toppings.

## Tropical Smoothie Bowl





PREP: 5 MINUTES
MAKES: 4 SERVINGS
BEST WITHIN: 2 WEEKS

### **INGREDIENTS**

100g melon chunks 100g pineapple chunks 150ml tropical flavoured yogurt 100ml whole milk

### **TOPPINGS (optional)**

Pineapple slices
Mango slices
Toasted coconut flakes

### **DIRECTIONS**

- **1.** Fill an empty tub with fruit in order of ingredients.
- **2.** Cover fruit with yogurt and milk. Place lid on tub and freeze for 24 hours.
- **3.** Remove tub from freezer and remove lid from tub. Please use the Quick Start Guide for assembly and processing information.
- **4.** Select SMOOTHIE BOWL. When finished, your smoothie bowl will have a thick, spoonable consistency.
- **5.** Once processing is complete, transfer the processed base to a bowl and decorate with desired toppings.



### No-prep inspiration chart

Transform ordinary items from your cupboard or fridge into extraordinary delights.

INGREDIENTS	RECIPE TYPE	PROCESS		PROGRAM
400g canned pineapple	Sorbet	Fill tub with fruit and juice from can		SORBET
400g canned mango	Sorbet	Fill tub with fruit and juice from can		SORBET
400g canned peaches	Sorbet	Fill tub with fruit and juice from can	Cover with lid and freeze for 24 hours	SORBET
400g canned pears	Sorbet	Fill tub with fruit and juice from can		SORBET
400g canned mandarin oranges	Sorbet	Fill tub with fruit and juice from can		SORBET
Bottled smoothies	Smoothie Bowl			SMOOTHIE BOWL
Shop bought bottled milk shakes (any flavour)	Ice cream			ICE CREAM
Whole milk store bought chocolate milk	Ice cream	Fill tub no higher than MAX FILL line. Don't worry if it doesn't		ICE CREAM
Bottled protein drinks	Lite Ice Cream	reach the line, there is no minimum fill		LITE ICE CREAM
Bottled latte/pre-prepared iced coffee	Sorbet			SORBET
Canned mango puree	Sorbet			SORBET

**TEXTURE TIP:** Customise your treat. Use the RE-SPIN button to make your treat softer and creamier.



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