

Slim Scoops:

HEALTHY ICE CREAM RECIPES



nutraverse

Welcome to "**Slim Scoops: Healthy Ice Cream Recipes**," your ultimate guide to enjoying ice cream without guilt.

Designed for anyone looking to indulge mindfully, this book offers delicious, innovative recipes that reduce calories, fats, and sugars without sacrificing flavor.

From vibrant Very Berry Ice Cream to exotic Pina Colada, each recipe is crafted with wholesome ingredients to delight your palate and your waistline.

Dive into these pages and discover how easy and satisfying healthy indulgence can be. Let's make every scoop count!

1 **Banana Berry Bliss**

Ingredients:

- 2 ripe bananas, frozen
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1/4 cup almond milk
- 1 tablespoon honey (optional)

Instructions:

- Place all ingredients in a blender.
- Blend until smooth and creamy.
- Freeze for at least 2 hours before serving.



2 Creamy Avocado Chocolate Ice Cream

Ingredients:

- 1 large ripe avocado
- 1/4 cup unsweetened cocoa powder
- 1/4 cup almond milk
- 1/3 cup honey or to taste
- 1 teaspoon vanilla extract

Instructions:

- Puree the avocado, cocoa powder, almond milk, honey, and vanilla in a blender until smooth.
- Transfer to a container and freeze for about 4 hours, stirring every hour to help it stay creamy.



3 Peach & Chia Seed Sorbet

Ingredients:

- 3 cups frozen peaches
- 1/4 cup chia seeds
- 1/2 cup coconut water
- Juice of 1 lemon
- 2 tablespoons agave syrup

Instructions:

- Blend peaches, coconut water, lemon juice, and agave syrup until smooth.
- Stir in chia seeds.
- Freeze in an airtight container for at least 3 hours.



4 Minty Melon Sorbet

Ingredients:

- 4 cups cubed frozen watermelon
- 1/4 cup fresh mint leaves
- Juice of 2 limes
- 1 tablespoon honey

Instructions:

- Blend watermelon, mint leaves, lime juice, and honey until smooth.
- Freeze for at least 3 hours before serving.



5

Coconut Vanilla Bean Ice Cream

Ingredients:

- 1 can (13.5 oz) light coconut milk
- 3 tablespoons honey or maple syrup
- 1 vanilla bean, split lengthwise and seeds scraped (or 1 teaspoon pure vanilla extract)
- Pinch of sea salt

Instructions:

- In a mixing bowl, combine light coconut milk, honey (or maple syrup), vanilla seeds (or vanilla extract), and a pinch of sea salt. Stir thoroughly until all the ingredients are well mixed.
- Pour the mixture into your ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency.
- Transfer the ice cream to an airtight container and freeze for at least 4 hours, or until firm.
- Before serving, let the ice cream sit at room temperature for a few minutes to soften for easier scooping.



6

Strawberry Ice Cream

Ingredients:

- 2 cups fresh strawberries, hulled and chopped
- 1 cup Greek yogurt, plain
- 1/4 cup honey or to taste
- Juice of 1/2 lemon

Instructions:

- In a blender, puree strawberries, Greek yogurt, honey, and lemon juice until smooth.
- Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.
- Transfer to an airtight container and freeze for at least 4 hours before serving.



7 Mango Frozen Yogurt

Ingredients:

- 3 cups frozen mango chunks
- 2 cups plain Greek yogurt
- 1/4 cup honey or to taste
- Juice of 1 lime

Instructions:

- In a blender, combine the frozen mango, Greek yogurt, honey, and lime juice. Blend until the mixture is creamy and smooth.
- Pour the mixture into a container and freeze. Stir every 30 minutes for the first two hours to help break up ice crystals and make the frozen yogurt creamier.
- Freeze until firm, then scoop and enjoy!



8

Mint Chocolate Chip Nice Cream

Ingredients:

- 4 large ripe bananas, sliced and frozen
- 1/4 cup fresh mint leaves or 1/2 teaspoon mint extract (adjust to taste)
- 1/4 cup unsweetened almond milk
- 1/3 cup dark chocolate chips or chopped dark chocolate (70% cocoa or higher)

Instructions:

- Place the frozen banana slices, mint leaves (or mint extract), and almond milk in a blender or food processor.
- Blend until the mixture reaches a smooth and creamy consistency, stopping to scrape down the sides as necessary.
- Once blended to a soft-serve texture, stir in the dark chocolate chips by hand to distribute them evenly.
- Transfer the mixture to an airtight container and freeze for at least 2 hours to firm up.
- When ready to serve, let the nice cream soften slightly at room temperature for a few minutes for easier scooping.



9 Pina Colada Ice Cream

Ingredients:

- 1 can (13.5 oz) unsweetened coconut milk
- 1 cup fresh pineapple, chopped
- 1/4 cup honey or to taste
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon rum extract (optional for flavor enhancement)

Instructions:

- In a blender, combine coconut milk, chopped pineapple, and honey. Blend until the mixture is smooth.
- Stir in the shredded coconut and rum extract, if using, to add that authentic Pina Colada flavor.
- Pour the mixture into your ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency.
- Transfer the ice cream to an airtight container and freeze for at least 4 hours to firm up.
- Before serving, let the ice cream sit at room temperature for a few minutes to soften for easier scooping.



10 Very Berry Ice Cream

Ingredients:

- 2 cups mixed berries (such as strawberries, blueberries, raspberries, and blackberries), fresh or frozen
- 1 cup Greek yogurt, plain
- 1/4 cup honey or to taste (can substitute with maple syrup for vegan option)
- 1 teaspoon vanilla extract

Instructions:

- If using frozen berries, thaw them slightly for easier blending.
- Place the mixed berries, Greek yogurt, honey, and vanilla extract in a blender or food processor.
- Blend until the mixture is smooth and creamy.
- Taste and adjust the sweetness if necessary.
- Pour the berry mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency.
- Transfer the ice cream to an airtight container and freeze for at least 4 hours to firm up.
- Before serving, let the ice cream sit at room temperature for a few minutes to soften for easier scooping.

We hope these recipes bring you as much joy in the making as they do in the tasting. Enjoy your journey to a healthier, sweeter day!

