

Helergon Kitchen

Copycat Wendy's Frosty in Ninja Creami

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base Frosty Mix

- [ ] 2 cups low-fat milk
- [ ] 1/2 cup sugar
- [ ] 2 tbsp cocoa powder
- [ ] 1 scoop vanilla protein powder
- [ ] 1 tsp vanilla extract
- [ ] Pinch of salt

Optional Add-Ins

- [ ] 1 tbsp espresso shot (optional)
- [ ] Chocolate syrup for drizzling
- [ ] Crushed almonds or peanuts

Instructions

1. In a medium bowl whisk together sugar, cocoa powder, protein powder, and salt until no lumps remain.
2. Gradually pour in the milk while whisking, then stir in vanilla extract and espresso if using.
3. Cover the mixture and chill in the refrigerator for 30 minutes.
4. Pour the chilled mixture into the Ninja Creami pint container, lock the lid and freeze for at least 24 hours.
5. After freezing, attach the pint to the Creami and select the “Ice Cream” function; let it churn until smooth.
6. Transfer the Frosty to serving bowls, drizzle with chocolate syrup, and sprinkle your favorite topping.

Nutrition per serving

210 kcal	15 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the Frosty is too thick after churning, add a tablespoon of milk and pulse briefly.
- For a richer texture, substitute half of the milk with half-and-half.
- Allow the Frosty to sit for 2-3 minutes at room temperature before serving for the best consistency.