

Helergon Kitchen

Ninja Creami Mocha Espresso Protein Ice Cream

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

Ingredients

Base

- [ ] 2 cups whole milk (or oat milk)
- [ ] 1/2 cup whey protein powder (vanilla or unflavored)
- [ ] 1/4 cup strong brewed espresso, cooled
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 3 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Mix-Ins

- [ ] 1 tbsp dark chocolate chips
- [ ] 1 tbsp finely chopped toasted almonds

Instructions

1. Brew a strong espresso shot, set it aside to cool completely; I like to let it sit while I gather the other ingredients.
2. In a medium bowl, whisk together milk, protein powder, cocoa powder, honey, vanilla, and salt until smooth—no lumps.
3. Stir the cooled espresso into the mixture, letting the coffee aroma fill the kitchen; this is where the magic begins.
4. Pour the base into the Ninja Creami pint container, seal it, and freeze for at least 2 hours (or overnight).
5. After freezing, attach the pint to the Ninja Creami and select the ‘Ice Cream’ function; let the machine work its gentle spin.
6. If you’d like extra texture, fold in chocolate chips or toasted nuts, then run a quick ‘Mix-In’ spin.
7. Serve immediately for a soft-serve consistency, or return to the freezer for a firmer scoop. A drizzle of melted dark chocolate adds a final touch.

Nutrition per serving

210 kcal	15 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the base before freezing; adjust sweetness or coffee strength as desired.
- For a richer mouthfeel, substitute half the milk with half-and-half.
- If the ice cream is too hard after storage, let it sit at room temperature for 5 minutes before scooping.