

Long Livo

Ninja Creami Mocha Espresso Protein Ice Cream

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

Ingredients

Base Mix

- [ ] 2 cups whole milk (or oat milk)
- [ ] 1 scoop (30 g) vanilla whey protein isolate
- [ ] 1/2 cup strong brewed espresso, cooled
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 3 tbsp maple syrup (or preferred sweetener)
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Add-Ins

- [ ] 1/4 cup dark chocolate chips (optional)
- [ ] Extra drizzle of espresso-infused syrup for serving

Instructions

1. In a mixing bowl, whisk the milk and whey protein until fully dissolved – no lumps, just a smooth canvas.
2. Add the cooled espresso, cocoa powder, maple syrup, vanilla extract, and a pinch of salt; stir gently until the mixture is uniform.
3. Pour the blend into the Ninja Creami pint container, level the surface, and seal the lid.
4. Place the pint in the freezer for a solid 24 hours – this is the secret to the creamy texture.
5. After freezing, insert the pint into the Ninja Creami and select the ‘Ice Cream’ function; let the machine spin for about 4 minutes.
6. Open the lid, fold in chocolate chips if using, then re-spin on the ‘Mix-In’ setting for a quick 30-second whirl.
7. Serve immediately for a soft-serve feel, or return to the freezer for an extra 30 minutes for firmer scoops. Drizzle with espresso syrup and enjoy.

Nutrition per serving

250 kcal	18 g	23 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture is too thick after the first spin, add a splash of milk and re-spin.
- For an extra coffee punch, sprinkle a pinch of instant coffee granules before the final freeze.
- You can swap cocoa for a tablespoon of finely ground espresso for a deeper roast flavor.