

PRACTICALLY PERFECT **PROTEIN** **ICE CREAM** PLAYBOOK

ONE SIMPLE FORMULA. 20+ FLAVORS. ANY ICE CREAM MAKER.

One flexible template for infinite flavor possibilities



The Practically Perfect Formula

This is a process, not a set of rigid recipes. Most flavors can begin with vanilla, but changing the shake or protein powder creates a different flavor profile. People experience flavors differently, so taste, adjust, and experiment until the scoop is yours.

- 1 CHOOSE THE SHAKE** 1 (11 oz) protein shake in any flavor, ready-to-drink or made from protein powder and milk
- 2 ADD THE TEXTURE** 1 Tbsp sugar-free instant pudding or flavored gelatin mix; use 1 1/2 Tbsp to 2 Tbsp for more body or flavor
- 3 ADD THE SWEETENER** 2 tsp Pyure Allulose Sweetener Blend; add 1 extra tsp Pyure for every 1 Tbsp cocoa powder
- 4 BUILD THE FLAVOR** Cocoa, espresso powder, PBfit, matching extracts, spices, fruit puree, or citrus zest
- 5 MAKE IT MORE** Cookies, graham cracker crumbs, pretzels, nuts, fruit, cereal, chips, or syrups

THE ABSOLUTE BASICS: Only steps 1 and 2 are necessary. Steps 3 through 5 let you sweeten, shape the flavor, and add the More. Using Kim's standard ingredients, one batch through step 3 is only 180 calories / 4 Points.

SCALE IT

1 BATCH

11 oz shake + 1 Tbsp texture + 2 tsp Pyure

2 BATCHES

22 oz shake + 2 Tbsp texture + 4 tsp Pyure

3 BATCHES

33 oz shake + 3 Tbsp texture + 2 Tbsp Pyure

METHOD

- 1 Whisk or blend* the base ingredients and flavor boosts until completely smooth.
- 2 Chill thoroughly, then churn or freeze and process according to your machine's directions.
- 3 Add Make It More mix-ins near the end of churning or during the machine's mix-in cycle.
- 4 Add crisp toppings at serving time so they stay crunchy.

* An immersion blender is my preferred tool for this.

Choose your machine

Cuisinart

Kim's go-to maker. It works best with 1 to 2 batches of the recipe. Chill well and churn according to the model's directions.

Original Ninja Creami

Use 1 batch per standard pint and follow the manufacturer's spinning directions for lite or protein ice cream. Kim's method: thaw 25 to 30 minutes on the counter, spin, then use 1 to 2 re-spins for a great result that is easier on the machine.

Ninja Creami Deluxe

Prepare 3 batches and divide evenly between 2 Deluxe containers. Follow the manufacturer's spinning directions for lite or protein ice cream. Thaw 25 to 30 minutes, spin, then use 1 to 2 re-spins.

KitchenAid or Traditional Churn

Scale to the machine's capacity, chill the base, and follow the manufacturer's churning directions.

MAKE IT RICHER

For a creamier, more indulgent sugar-free batch, use:

- 8 oz protein shake, any flavor
- 3 oz heavy cream
- 1 Tbsp sugar-free pudding or gelatin mix
- 2 tsp Pyure Allulose Sweetener Blend

Using Kim's standard ingredients, the basic batch through step 3 is only 180 calories / 4 Points. It is designed to be low-carb, sugar-free, and relatively low calorie, while ingredient swaps can accommodate different macros, calorie needs, and dietary preferences.

Flavor finder

Scoop Shop Classics

- Vanilla Bean
- Strawberry
- Classic Chocolate
- Dark Chocolate
- Dark Chocolate Mocha
- Butterscotch
- Pistachio
- Orange Creamsicle

Peanut Butter & More

- Classic Peanut Butter
- Butterscotch Peanut Butter
- Chocolate Peanut Butter
- Maple Peanut Butter
- Peanut Butter Banana
- Peanut Butter Cup
- PB&J
- Peanut Butter Cookie

The Dessert Case

- Cookies & Cream
- Cake Batter
- Strawberry Cheesecake
- Lemon Cheesecake
- White Chocolate Raspberry
- Banana Cream Pie
- Bananas Foster
- Chocolate-Covered Cherry
- Turtle Chocolate
- Salted Caramel Butter Pecan
- Caramel Apple Pie
- Dubai Chocolate
- Almond Joy
- German Chocolate

Holiday Scoops

- Red Velvet
- Pumpkin Spice Cheesecake
- Eggnog
- Gingerbread
- Peppermint Mocha
- Candy Cane

Flavor recipes

SCOOP SHOP CLASSICS

Vanilla Bean

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/2 tsp vanilla extract

MAKE IT MORE

Anything works with vanilla!

SCOOP SHOP CLASSICS

Strawberry

PROTEIN SHAKE

1 (11 oz) strawberry or vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract + strawberry extract to taste

MAKE IT MORE

Fresh or frozen strawberries

SCOOP SHOP CLASSICS

Classic Chocolate

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp regular cocoa powder

MAKE IT MORE

Sugar-free chocolate chips, chocolate or caramel syrup, 1 crumbled chocolate sandwich cookie, or chopped nuts

SCOOP SHOP CLASSICS

Dark Chocolate

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp dark or black cocoa powder

MAKE IT MORE

Sugar-free dark chocolate chips, chocolate or caramel syrup, 1 crumbled chocolate sandwich cookie, or chopped nuts

SCOOP SHOP CLASSICS

Dark Chocolate Mocha

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp black cocoa + 1/2 tsp espresso powder

MAKE IT MORE

Sugar-free chocolate syrup, mini marshmallows, 1 crumbled chocolate sandwich cookie, or chopped nuts

SCOOP SHOP CLASSICS

Butterscotch

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract

MAKE IT MORE

1 crushed Butterfinger Mini

Flavor recipes

SCOOP SHOP CLASSICS

Pistachio

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

2 Tbsp pistachio pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/8 tsp almond extract

MAKE IT MORE

Chopped pistachios and sugar-free chocolate syrup

SCOOP SHOP CLASSICS

Orange Creamsicle

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1/2 Tbsp vanilla pudding + 1/2 Tbsp orange gelatin

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/2 tsp vanilla extract + orange extract or orange zest to taste

MAKE IT MORE

Mandarin oranges

PEANUT BUTTER & MORE

Classic Peanut Butter

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit

MAKE IT MORE

1 crushed peanut butter cookie, chopped peanuts, or PBfit syrup

PEANUT BUTTER & MORE

Butterscotch Peanut Butter

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit

MAKE IT MORE

Crushed pretzels or PBfit syrup

PEANUT BUTTER & MORE

Chocolate Peanut Butter

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit + 1 Tbsp cocoa

MAKE IT MORE

1 crushed peanut butter cookie, chopped peanuts, or PBfit syrup

PEANUT BUTTER & MORE

Maple Peanut Butter

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit + 1/4 tsp maple extract + pinch salt

MAKE IT MORE

Crushed pretzels or PBfit syrup

Flavor recipes

PEANUT BUTTER & MORE

Peanut Butter Banana

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp banana cream pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit

MAKE IT MORE

Diced banana, 1 crushed vanilla wafer, or PBfit syrup

PEANUT BUTTER & MORE

Peanut Butter Cup

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit

MAKE IT MORE

Chopped sugar-free peanut butter cups or PBfit syrup

PEANUT BUTTER & MORE

PB&J

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit

MAKE IT MORE

Sugar-free preserves, fresh or frozen fruit, or PBfit syrup

PEANUT BUTTER & MORE

Peanut Butter Cookie

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp PBfit + 1/8 tsp butter extract

MAKE IT MORE

1 crushed peanut butter cookie or PBfit syrup

THE DESSERT CASE

Cookies & Cream

PROTEIN SHAKE

1 (11 oz) vanilla or cookies & cream protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/2 tsp vanilla extract

MAKE IT MORE

1 crushed chocolate sandwich cookie

THE DESSERT CASE

Cake Batter

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp cake batter extract + 1/8 tsp butter extract

MAKE IT MORE

Sprinkles or 1 crushed Golden Oreo Thin

Flavor recipes

THE DESSERT CASE

Strawberry Cheesecake

PROTEIN SHAKE

1 (11 oz) strawberry or vanilla protein shake

TEXTURE

1 Tbsp cheesecake pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract + strawberry extract to taste

MAKE IT MORE

Diced strawberries + graham cracker crumbs

THE DESSERT CASE

Lemon Cheesecake

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1/2 Tbsp cheesecake pudding + 1/2 Tbsp lemon gelatin

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract + lemon extract or lemon zest to taste

MAKE IT MORE

Graham cracker crumbs

THE DESSERT CASE

White Chocolate Raspberry

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1/2 Tbsp white chocolate pudding + 1/2 Tbsp raspberry gelatin

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract

MAKE IT MORE

Raspberries, sugar-free white chocolate chips, or graham cracker crumbs

THE DESSERT CASE

Banana Cream Pie

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp banana cream pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp vanilla extract

MAKE IT MORE

Graham cracker crumbs, banana slices, or 1 crushed vanilla wafer

THE DESSERT CASE

Bananas Foster

PROTEIN SHAKE

1 (11 oz) banana, vanilla, or caramel protein shake

TEXTURE

1 Tbsp banana cream pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/8 tsp rum extract + 1/8 tsp cinnamon + pinch salt

MAKE IT MORE

Sugar-free caramel drizzle, graham cracker crumbs, or 1 crushed vanilla wafer

THE DESSERT CASE

Chocolate-Covered Cherry

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1/2 Tbsp chocolate pudding + 1/2 Tbsp cherry gelatin

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp cocoa powder

MAKE IT MORE

Chopped cherries, sugar-free chocolate chips, or graham cracker crumbs

Flavor recipes

THE DESSERT CASE

Turtle Chocolate

PROTEIN SHAKE

1 (11 oz) caramel protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp cocoa powder + 1/4 tsp caramel extract + pinch salt

MAKE IT MORE

Pecans + sugar-free caramel drizzle

THE DESSERT CASE

Salted Caramel Butter Pecan

PROTEIN SHAKE

1 (11 oz) caramel or vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp caramel extract + 1/8 tsp butter extract + pinch salt

MAKE IT MORE

Toasted pecans + sugar-free caramel drizzle

THE DESSERT CASE

Caramel Apple Pie

PROTEIN SHAKE

1 (11 oz) vanilla or caramel protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/4 tsp caramel extract + 1/8 tsp cinnamon

MAKE IT MORE

No-sugar-added apple pie filling + graham cracker crumbs

THE DESSERT CASE

Dubai Chocolate

PROTEIN SHAKE

1 (11 oz) chocolate or vanilla protein shake

TEXTURE

2 Tbsp pistachio pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

Pistachio extract to taste

MAKE IT MORE

Rice Krispies and sugar-free chocolate syrup

THE DESSERT CASE

Almond Joy

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp cocoa + 1/4 tsp coconut extract + 1/8 tsp almond extract

MAKE IT MORE

Unsweetened coconut, chopped almonds, and sugar-free chocolate chips

THE DESSERT CASE

German Chocolate

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp cocoa + 1/4 tsp coconut extract

MAKE IT MORE

Unsweetened coconut, chopped pecans, and sugar-free chocolate syrup

Flavor recipes

HOLIDAY SCOOPS

Red Velvet

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp cheesecake pudding mix and/or red velvet pudding mix

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

Red velvet emulsion to taste

MAKE IT MORE

Sugar-free chocolate chips or sugar-free chocolate syrup

HOLIDAY SCOOPS

Pumpkin Spice Cheesecake

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp cheesecake pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

2 Tbsp pumpkin puree + 1/2 tsp pumpkin pie spice + 1/4 tsp vanilla

MAKE IT MORE

1 Tbsp graham cracker crumbs

HOLIDAY SCOOPS

Eggnog

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/8 tsp rum extract + 1/8 tsp nutmeg + pinch cinnamon

MAKE IT MORE

Freshly grated nutmeg

HOLIDAY SCOOPS

Gingerbread

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp butterscotch pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/8 tsp cinnamon + 1/16 tsp ginger + pinch nutmeg

MAKE IT MORE

1 crushed ginger cookie

HOLIDAY SCOOPS

Peppermint Mocha

PROTEIN SHAKE

1 (11 oz) chocolate protein shake

TEXTURE

1 Tbsp chocolate pudding

SWEETENER

3 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1 Tbsp black cocoa + 1/2 tsp espresso powder + 1/8 tsp peppermint extract

MAKE IT MORE

Crushed sugar-free peppermint candy, sugar-free chocolate syrup, mini marshmallows, or chocolate pieces

HOLIDAY SCOOPS

Candy Cane

PROTEIN SHAKE

1 (11 oz) vanilla protein shake

TEXTURE

1 Tbsp vanilla pudding

SWEETENER

2 tsp Pyure Allulose Sweetener Blend

FLAVOR BOOSTS

1/8 tsp peppermint extract

MAKE IT MORE

Crushed sugar-free peppermint candy, sugar-free chocolate syrup, or mini marshmallows

Make It More

CRUNCH

- Cookies or graham cracker crumbs
- Pretzels, granola, or cereal
- Toasted or unsweetened coconut
- Pecans, peanuts, pistachios, or other nuts
- Cacao nibs
- Sugar-free chocolate chips or other flavor chips

FRUIT & SWIRLS

- Fresh or frozen fruit
- No-sugar-added pie filling or sugar-free preserves
- Sugar-free Skinnygirl syrups
- Homemade chocolate or PBfit syrup
- Whipped topping
- Mini marshmallows

SIMPLE SUGAR-FREE CHOCOLATE SYRUP

A smooth drizzle for sundaes, swirls, and chocolate-covered creations.

- 1/2 cup unsweetened cocoa powder
- 1/2 cup Pyure Allulose Sweetener Blend
- 3/4 cup water
- 1/8 tsp guar gum
- Pinch of salt
- 1/2 tsp vanilla extract

Method: Whisk the cocoa, Pyure, guar gum, and salt together, then whisk in the water. Bring to a gentle simmer and cook for 3 to 4 minutes, whisking often, until smooth and slightly thickened. Remove from the heat, stir in the vanilla, cool, and refrigerate in a covered container.

QUICK PBFIT SYRUP

Mix 1 Tbsp PBfit with just enough water, vanilla protein shake, or sugar-free maple syrup to reach the texture you want.

Start with a small splash, stir well, and add more liquid a little at a time. Use it as a drizzle, swirl, or dip.

BE CREATIVE. HAVE FUN WITH IT!

Frequently asked questions

Do I prepare the pudding first?

No. Measure the dry instant pudding mix directly into the shake.

Can I use another sweetener?

Yes. Pyure is the measured standard in this playbook. Substitute an equivalent amount and sweeten to taste.

Do I prepare the gelatin first?

No. Use the dry flavored gelatin dessert mix. Do not dissolve it first.

Why does the mixture need to taste quite sweet?

Freezing dulls sweetness. The cold mixture should taste slightly sweeter than you want the finished ice cream.

Do I use the whole package?

No. Measure 1 Tbsp for the standard formula, or up to 2 Tbsp for more creaminess or flavor.

Do I need a Ninja Creami?

No. Use a Cuisinart, KitchenAid attachment, Ninja Creami, or traditional ice cream maker.

Can I combine pudding and gelatin?

Yes. The combined amount should total 1 to 2 Tbsp. For example: 1/2 Tbsp pudding + 1/2 Tbsp gelatin.

When do I add mix-ins?

Add them near the end of churning or during the machine's mix-in cycle. Add crisp toppings at serving time.

Can I use unflavored gelatin?

Not as a direct substitute. These recipes use flavored gelatin dessert mix for both flavor and texture.

Can I double or triple a recipe?

Yes. Scale every component equally and stay within your machine's stated capacity.

Does it have to be sugar-free?

No. You may substitute regular versions of any ingredient 1-to-1. The sugar, calories, carbs, and sweetness will change.

What if the base is too thick?

Whisk in a small splash of milk until it is smooth and pourable.

Can I use any protein shake flavor?

Yes. Use any ready-to-drink shake, or mix one serving of any protein powder with enough milk to make 11 oz.

What if the ice cream is too icy?

Use up to 2 Tbsp pudding or gelatin, chill the base thoroughly, or use the richer milk-and-cream base.

Can I use dairy-free products?

Yes. A dairy-free shake and plant milk can work, although the texture may be a little different.

Why does pistachio use 2 Tbsp pudding?

Pistachio pudding is mild. The larger amount improves both its flavor and its creamy texture.

Can most flavors begin with vanilla?

Yes. Vanilla is a flexible starting point, but flavored shakes and protein powders create different profiles.

How can I deepen chocolate flavor?

Add a pinch of espresso powder. It amplifies chocolate without making the finished scoop taste like coffee.