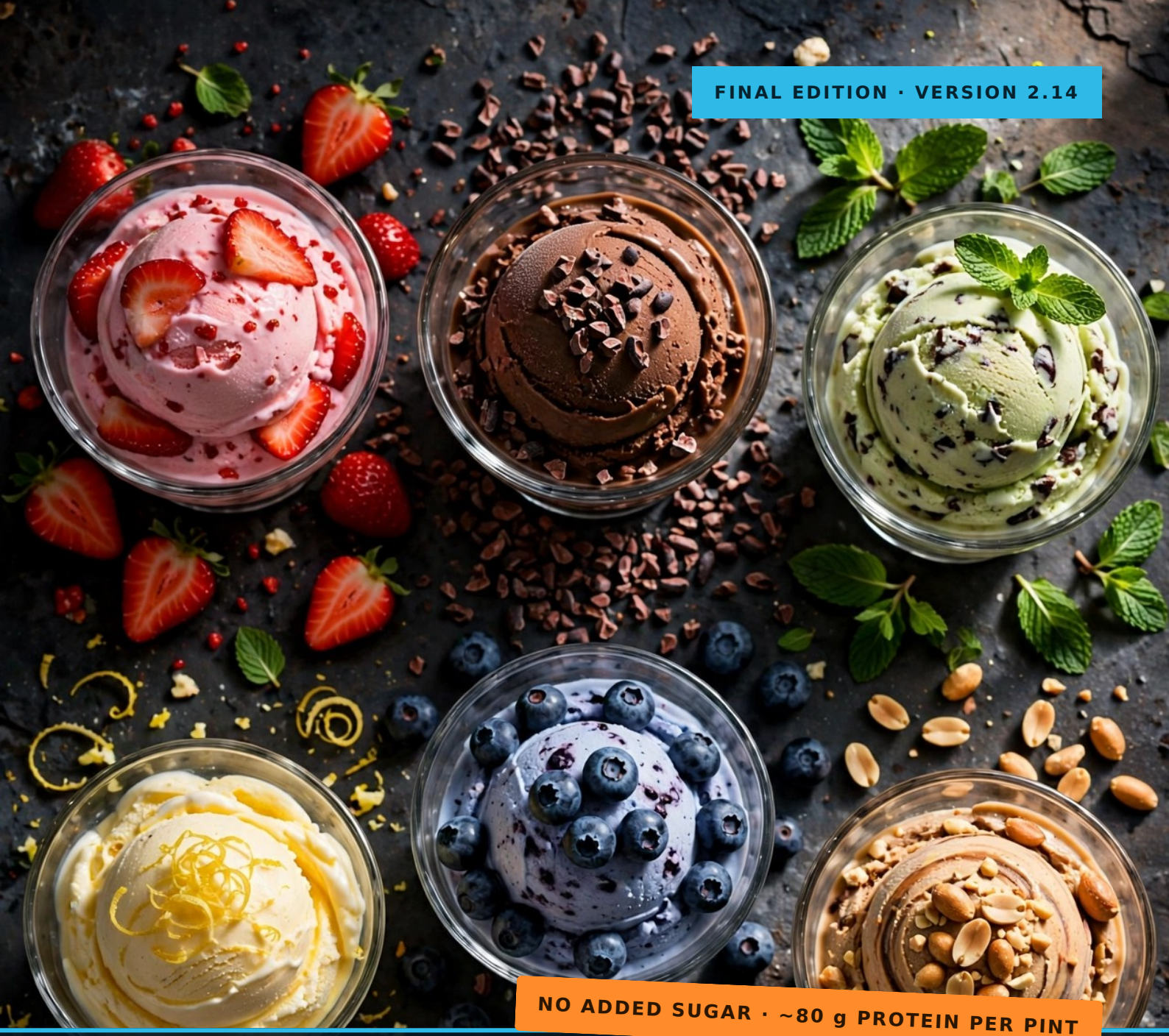


FINAL EDITION · VERSION 2.14

NO ADDED SUGAR · ~80 g PROTEIN PER PINT

PROJECT 100 — KITCHEN LABORATORY

NINJA CREAMI XL PROTEIN ~~ICE CREAM~~ FROZEN NUTRITION TREATS

GUIDEBOOK

Not dessert — nutrition you freeze: the complete operating system for high-protein frozen treats. One universal base, the 7-step workflow, 18 no-added-sugar permutations and forensic validation, with every quantity in dual measure: kitchen units and true weight/volume.

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PART I

THE WORKING BOOK

Everything you actually do at the counter, in the order you do it. Read this part with the machine in front of you — the chapters that follow are written as steps, not essays.

Chapter 1 · The System at a Glance

Chapter 2 · The Universal Structural Base

Chapter 3 · The 7-Step Workflow

Chapter 4 · The Lipid & Fat Matrix

Chapter 5 · The Three-Tier Inclusion Architecture

Chapter 6 · The 18 No-Added-Sugar Permutations — The Recipes

CHAPTER 1 — THE SYSTEM AT A GLANCE

The Ninja Creami XL Deluxe (NC501 series) is not a churner and not a blender. In the Master Architecture's terms it is a precision vertical lathe: an 800-watt motor drives a dual-stage paddle down into a completely frozen solid block at roughly 1,800 RPM, micro-shaving microscopically thin layers off the frozen cylinder. Conventional ice cream leans on 14–20% butterfat and 15–22% sucrose to stay soft; a no-added-sugar, ~80 g-protein block instead freezes like a crystalline polymer — which is why surface geometry, stabilizer load and freeze discipline are hardware-protection issues, not culinary preferences.

The method is a 7-step pipeline in three phases, executed in strict order. Total fluid per pint: **600–645 g (21.2–22.8 oz)** in a 24 oz (709 mL) tub, never past the Max Fill line.

PINT SPECIFICATION — READ FIRST

This system runs exclusively on the **Ninja Creami XL Deluxe pints: 24 oz (709 mL · 3 cups)** — the **big** pints of the NC501 Deluxe series. Every recipe in this book, the 600–645 g (21.2–22.8 oz) fill window, the 3× pitcher portions, and every macro line are calibrated to that 24 oz XL tub and to no other container.

Standard 16 oz (473 mL) Creami pints are NOT compatible as printed. The base would overfill them and the macros would not apply. To adapt a permutation to a 16 oz (473 mL) pint, scale every quantity by ×0.67 (two-thirds): fill lands at ~400–430 g (14.1–15.2 oz), gum at ~0.67 g (670 mg) isolate / ~0.33 g (330 mg) blend, and all macros scale by the same factor. The scale check at Step 3 still governs.



THE MACHINE — Ninja Creami XL (NC501 series): Ice Cream, Lite Ice Cream, Sorbet, Gelato, Frozen Yogurt, Creamiccino, Frozen Drink, Slushi, Milkshake, Italian Ice — plus Mix-In and Re-Spin. Owner photo.

PHASE I · STEP 1

Prep

Dry matrix weighed to 0.1 g (0.004 oz); stabilizer calibrated; dry-whisked in isolation.

PHASE I · STEP 2

Emulsify

Hot-to-cold vortex: broth + collagen dissolved boiling, cold milk + egg whites, dry matrix streamed in over 90 seconds.

PHASE I · STEP 3

Settle

15-minute rest. Micro-foam dissipates. Fill weight lands at 600–645 g (21.2–22.8 oz).

PHASE II · STEP 4

Freeze

Lid-off 2–4 h, then lid on, 24 h total at −18 °C to −20 °C (0 °F to −4 °F). Owner canon — see Ch. 11.

PHASE II · STEP 5

Level

Solid-block check, Deiss masher levelling, 30–60 s warm perimeter bath.

PHASE III · STEP 6

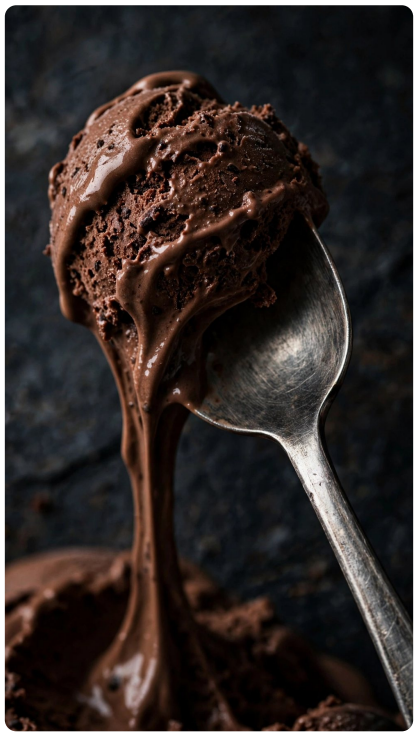
Spin

Full zone, Lite Ice Cream (Sorbet for isolate bases). Wall scrape, tuned re-spin, inclusions by tier.

PHASE III · STEP 7

Flush

Leftovers pressed flat; blade and spindle flushed with hot water immediately. Critical, not housekeeping.



THE PAYOFF — the dense, spoon-standing texture the whole system is calibrated to produce; Chapter 8 explains the physics behind it.

CHAPTER 2 — THE UNIVERSAL STRUCTURAL BASE FORMULA

System Architecture V198.4. One base, held static across all 18 permutations, so fluid-to-solid ratio, ice-crystal suppression and protein hydration never drift. Every quantity is dual-printed per the Chapter 7 standard. **Finished fill weight: 600–645 g (21.2–22.8 oz)** per 24 oz (709 mL) pint — if the scale lands outside that window, the base is wrong before it is frozen.

> **XL PINTS ONLY**
> All quantities in this chapter fill the **24 oz (709 mL) XL Deluxe pint** — the big pint. Do not pour this base into a standard 16 oz (473 mL) pint: it will overfill on expansion. Rescale ×0.67 for the small pint (see the Pint Specification, Chapter 1).



THE BASE, LAID OUT — the thermal phase (kettle, bone broth, collagen), the cold phase (milk pathway, egg whites) and the dry matrix, before a single gram is weighed.

The ingredients — one pint, in the order you use them

Read this chapter like a recipe: everything for one pint, grouped by phase. The full method is Chapter 3; this is the shopping-and-weighing list it runs on.

1 · Thermal phase — into the boiling water

Filtered water, boiling (70–100 °C / 158–212 °F) — 0.63–0.85 cup · 150–200 mL (5.1–6.8 fl oz) — high-temperature hydration

Left Coast Performance Bone Broth Powder — 1 scoop · ~10 g (0.35 oz) — protein payload; amino acids

Pure Marine Collagen (Organika) — 1 scoop · ~10 g (0.35 oz) — protein payload (not a stabilizer — Ch. 8)

2 · Cold phase — into the vortex

Kirkland Signature Ultra-Filtered 2% Milk — ~1 cup + 1 tbsp (1.06 cups) · 250 mL (8.5 fl oz) — 13 g protein · 5.0 g butterfat · 6 g net carbs · 0 g lactose — Pathway A; or swap the milk, below

Liquid egg whites, pasteurized — ~1/3 cup + 1 tbsp (0.42 cup) · 100 g (3.5 oz) ≈ 100 mL (3.4 fl oz) — albumin overrun; structure

3 · Dry matrix — weighed, whisked, streamed in last

Target protein powder (Hexapro / PVL Isogold / Syntha-6) — 1.5 scoops · ~38–45 g (1.3–1.6 oz) — 30–38 g high-BV protein by brand

Zero-calorie sweetener core (allulose / monk fruit / brown) — 3–4 tbsp · 25–35 g (0.9–1.2 oz) — the allulose portion drives freezing-point depression (Ch. 8)

Stabilizer — standard isolate bases (PVL Isogold, no pudding) — 1/4 tsp, levelled · 1.0 g (1000 mg) — tara, xanthan, or guar

Stabilizer — thick blends (Hexapro / Syntha-6) or any pudding base — 1/8 tsp, levelled · 0.5 g (500 mg) — halved: the anti-slime law (Ch. 8)

Pink Himalayan salt — 1 generous pinch · ~0.5 g (500 mg) — flavour sharpener; assists freezing-point depression

Flavour extracts / pastes (LorAnn, Vanillux) — 1/2–1 tsp · 2.5–5 mL — per permutation (Ch. 6). Paste carrier must be glycerin or alcohol — never agave or glucose syrup

> **THE PUDDING REDUCTION DIRECTIVE**
> Sugar-free instant pudding mixes are stabilizer systems in themselves — modified corn starch plus tetrasodium pyrophosphate. Any permutation carrying 1 tbsp (15 mL · ~8 g) of pudding mix drops to the 1/8 tsp (0.5 g · 500 mg) gum line automatically, regardless of base powder. Applies to Permutations 17 and 18.

The Silk variant (V194.1 base)

The earlier architecture ran the identical structure on **Silk Protein Almond & Cashew Milk, 200–250 mL (6.8–8.5 fl oz)**, in place of the Kirkland milk. It remains the certified dairy-free variant. Its macro accounting differs (Chapter 9 prints both ledgers); on Permutations 01–07 the Silk pint runs 464 kcal · 79.5 g protein · 11 g fat · 13 g net carbs — the numbers on the printed kitchen cards.

The three milk pathways — pick one per pint

The base never changes; only the 250 mL (8.5 fl oz · 1.06 cups) milk line does. Every figure below is taken from the product label, verified 21 October 2026 — not from any secondary summary.

A — MASTER

Kirkland Ultra-Filtered 2% — ultra-filtered, lactose-reduced 2% milk

Protein	**13 g**
Fat	**5.0 g**
Net carbs	**6 g**
Energy	**~120 kcal**

B — GELATO

Neilson 3.25% High Protein — ultra-filtered 3.25% protein milk beverage

Protein	**18 g**
Fat	**8.0 g**
Net carbs	**9 g**
Energy	**180 kcal**

C — DAIRY-FREE

Silk Protein Almond & Cashew — plant protein beverage, unsweetened

Protein	**8 g**
Fat	**~6 g**
Net carbs	**~1 g (0 g sugar)**
Energy	**90 kcal**

Pathway B — the Neilson swap (certified 21 Oct 2026). Neilson's 3.25% High Protein milk is ultra-filtered — the same process class as the Kirkland master — so it concentrates protein to 18 g per 250 mL (8.5 fl oz) while carrying whole-milk butterfat. Against Pathway A, every pint gains **+5 g protein · +3 g fat · +3 g net carbs · +59 kcal** (Chapter 9 prints the full Pathway B ledger). The 8.0 g of butterfat per pour is the gelato mechanism: denser micro-emulsion, smoother shear, and splash re-spins become rare. Two conditions ride with it. First, the **lipid firewall**: the +3 g fat spends against the 69 g daily lipid ceiling — on Pathway B days the Tier 1 almond butter dose (1 tsp · 5 g · +2.7 g fat) is dropped to offset it, and Tier 2 builds omit the almond butter entirely (Chapter 4). Second, the carb honesty line: Neilson carries 8 g of intrinsic milk sugars per 250 mL (8.5 fl oz) — reduced-lactose, not zero. Pathway B is a no-added-sugar pathway; its pints run +3 g net carbs over the master, printed openly in the ledger. Identity note: the 3.25% high-protein milk in this system is **Neilson** — Silk makes no 3.25% dairy product, and non-ultra-filtered 3.25% milks (e.g. regular lactose-free whole milk, ~9 g protein per 250 mL / 8.5 fl oz) do **not** deliver the +5 g protein delta and are not certified substitutes.

Pathway C — label note. Silk Canada's current label for the Almond & Cashew Protein beverage reads 8 g protein · 0 g sugar · 90 kcal per 250 mL (8.5 fl oz) serving. Costed strictly from that label, a Silk pint runs roughly **−5 g protein and −4 to −5 g net carbs** against its Pathway A twin. The archived V194.1 ledger (Chapter 9) prints higher protein for the Silk pints than the current label supports — the discrepancy is flagged there and ruled on in Chapter 12; the archived grid is preserved as the historical record, not silently rewritten.

Worked example — Strawberry Cream (Permutation 02): Pathway A 420 kcal · 78.5 g protein · 7.5 g fat · 9.5 g net carbs → Pathway B 479 kcal · 83.5 g protein · 10.5 g fat · 12.5 g net carbs. Same recipe, same workflow — the milk is the only moving part.

Batch scaling — the 68 oz (2.0 L) pitcher, 3× pints

Boiling filtered water — 450–600 mL (15.2–20.3 fl oz · 1.9–2.5 cups) — single pint: 150–200 mL

Bone broth + collagen — 3 scoops each · ~30 g (1.1 oz) each — single pint: 1 scoop each

Milk (Kirkland 2% or Silk variant) — 750 mL (25.4 fl oz · 3.17 cups) — single pint: 250 mL

Liquid egg whites — 300 g (10.6 oz · 1.27 cups) — single pint: 100 g

Protein powder — 4.5 scoops · ~115–135 g (4.1–4.8 oz) — single pint: 1.5 scoops

Sweetener core — 9–12 tbsp · 75–105 g (2.6–3.7 oz) — single pint: 3–4 tbsp

Stabilizer gum — 3/4 or 3/8 tsp · 3.0 or 1.5 g (3000 or 1500 mg) — single pint: 1/4 or 1/8 tsp

Pink salt — 3 pinches · ~1.5 g — single pint: 1 pinch

Bulk workflow mirrors the single-pint pipeline: dry components whisked together; broth and collagen dissolved in the boiling water in the pitcher; cold milk and egg whites added; vortex established; dry matrix streamed in over 90 seconds; blend high 30 s, rest 2 min for stabilizer hydration, final 15 s burst; 15-minute settle; portion into three 24 oz (709 mL) tubs at 600–645 g (21.2–22.8 oz) each.

CHAPTER 3 — THE 7-STEP WORKFLOW

Step 1 · Precision dry calibration

Dry bowl on the digital scale — 2000 g (4.4 lb) capacity, 0.1 g (0.004 oz) readability. Weigh the protein powder (1.5 scoops · ~38–45 g / 1.3–1.6 oz), sweetener (3–4 tbsp · 25–35 g / 0.9–1.2 oz), salt (1 pinch · ~0.5 g) and any spice enhancers. Measure the gum with the magnetic spoon scraped perfectly flush with the flat metal levelling bar — 1/4 tsp (1.0 g · 1000 mg) for isolates, 1/8 tsp (0.5 g · 500 mg) for blends and pudding bases. Dry-whisk thoroughly so gum particles are isolated among dry powder before any liquid exists.

Step 2 · Thermal emulsion vortex

Dissolve the bone broth (1 scoop · ~10 g) and collagen (1 scoop · ~10 g) into the boiling water (150–200 mL · 5.1–6.8 fl oz · 0.63–0.85 cup, 70–100 °C / 158–212 °F) until translucent. If the permutation carries almond butter, it dissolves in this hot phase — heat melts the lipids for a clean micro-emulsion. Temper with the cold milk (250 mL · 8.5 fl oz · ~1 cup + 1 tbsp) and egg whites (100 g · 3.5 oz · 0.42 cup). Submerge the KitchenAid immersion blender, establish a low-speed vortex, and stream the dry matrix in over a continuous 90 seconds.

Pre-freeze taste audit (critical): the warm base must taste noticeably over-sweet (Chapter 8). If it tastes mild, add 1 tbsp (15 mL · ~8 g) sweetener now. There is no correction after the freeze.



STEP 1 IN THE HAND — the stabilizer is weighed, never guessed: the calibrated dose on the 0.1 g scale.

Step 3 · The 15-minute micro-foam settle

Rest the base undisturbed for exactly 15 minutes; whipped micro-air rises and collapses. Pour into a clean 24 oz (709 mL) tub below the Max Fill line, tap the base firmly on the counter three times to evacuate deep bubbles, and verify: **600–645 g (21.2–22.8 oz)** on the scale.



STEP 2 — the hot-to-cold vortex: the dry matrix streams into the moving liquid over a full 90 seconds.

Step 4 · Stratified lid-off freezing — owner canon

Freeze the tub uncovered for the first 2–4 hours at −18 °C to −20 °C (0 °F to −4 °F): unrestricted vertical expansion prevents the centre dome from ever forming. Snap the lid on and freeze undisturbed to a total of 24 hours (16 hours absolute minimum) at the same window. Avoid deep chest freezers below −25 °C (−13 °F) — cement-brick territory that even Ninja's manual warns against.

> **DOCUMENTED DIVERGENCE — OWNER CANON**
> Ninja's manual instructs freezing with the lid snapped on for 24 hours. The lid-off first phase is established community technique (Tasty Travelers, Kroll's Korner) adopted as owner canon in this system because it prevents the hump at the source. It is labelled wherever it appears (Chapter 11, Claim 3) and never presented as manufacturer guidance.

Step 5 · Masher levelling & perimeter bath

1. **Solid-block check:** the pint must be 100% frozen solid. Any soft centre → back to the freezer for 4 hours.
2. **Perimeter bath:** warm tap water over the lower half of the tub's outer walls for 30–60 seconds — never past 60 s.
3. **Levelling:** press the Deiss stainless masher straight down, firmly, shattering any frost peak into a perfectly horizontal plane. Never twist — tub walls crack.



STEP 4 — stratified freezing: level shelf, lid off for the first 2–4 hours, then sealed to the full 24 hours at −18 to −20 °C (−0.4 to −4 °F).

Step 6 · Mechanical processing & re-spin tuning

Lock the tub into the outer bowl, selector to **Full**, program **Lite Ice Cream** — or **Sorbet** for pure isolate bases, whose higher shear duration suits dense isolate matrices. Never standard Ice Cream on these bases (Chapter 11, Claim 4). After the first spin:

- **Wall scrape:** run a butter knife gently around the inner wall — the paddle leaves a ~1 mm (0.04 in) frost ring it cannot reach — and fold those crystals into the core. Gentle pressure; the manual cautions against aggressive metal utensils in the pint.
- **Dry re-spin first:** for hard-scoop gelato density, re-spin with no added liquid; blade friction binds the mass. This is Ninja's own NC501 procedure (Claim 5).

- **Splash re-spin:** only if the pint stays powdery — 15–30 mL (1–2 tbsp · 0.5–1.0 fl oz) of cold milk into the centre cavity, then re-spin, for soft-serve texture. Liquid added prematurely makes soup.
- **Inclusions:** strictly by the three-tier architecture, Chapter 5.

Step 7 · Post-spin refreeze & spindle flush — critical

Leftovers are scraped and pressed 100% flat with a metal spoon before refreezing — a peak refrozen is a spindle hazard at the next spin, and Ninja's manual requires the same flattening. Then, immediately: separate the blade assembly from the lid and flush hot running water directly through the central spindle aperture. Aerosolized dairy and protein mist migrate into the drive-shaft recess on every spin; unwashed assemblies grow biofilm and seize their locking springs. This step protects the machine, not the counter.



STEP 6, TUNING — the icy wall ring is scraped down before the dry re-spin; liquid only if the pint still powders.



STEP 6 — the spin: pint locked in, Full zone, Lite Ice Cream (Sorbet for pure isolate bases).

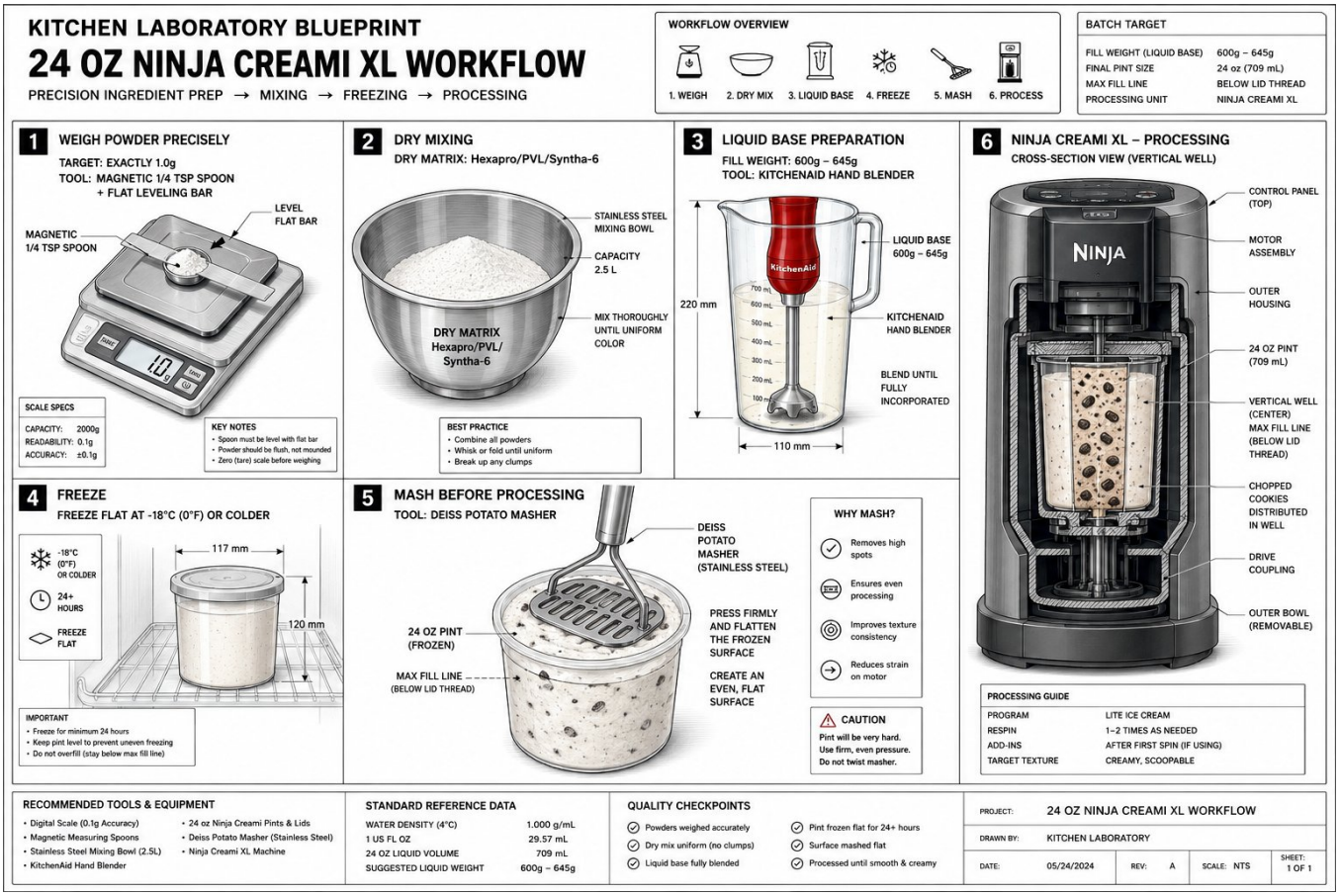


PLATE — Kitchen Laboratory blueprint: weigh → dry mix → liquid base → freeze → mash → process, with the 600–645 g fill-weight specification. Owner artwork.

CHAPTER 4 — THE LIPID & FAT MATRIX

The Kirkland 2% rule

The base milk is the fat system: 250 mL (8.5 fl oz) of Kirkland ultra-filtered 2% supplies **5.0 g of natural, emulsified dairy butterfat** — native ice-crystal suppression that arrives pre-emulsified — with 13 g protein, 6 g net carbs and 0 g lactose. Added nut fats sit under two regulated tiers, calibrated against the operator's **69 g daily lipid ceiling**: fat is budgeted, never free-poured.



THE LIPID LIBRARY — nut butters and inclusion fats: dosed by tier in this chapter, placed by the architecture of Chapter 5.

BASE ALONE

250 mL (8.5 fl oz) Kirkland 2% — every pint, no added fat

Fat	**5.0 g**
Protein	**13 g**
Net carbs	**6 g**

TIER 1 — MICRO-DOSE

Almond butter — 1 tsp (5 mL) = 5 g (0.18 oz)

Fat	**+2.7 g**
Protein	**+1.3 g**
Energy	**+33 kcal**

Mouthfeel lift mirroring French vanilla custard (Permutation 04)

TIER 2 — MAX-DOSE

Almond butter — 1 tbsp (15 mL) = 15 g (0.53 oz)

Fat	**+8.0 g**
Protein	**+4.0 g**
Energy	**+100 kcal**

Authentic nut profile (Permutations 11, 14, 15)

Hot emulsion SOP: any almond butter dose enters during the boiling-water phase of Step 2, before the cold milk. High heat melts the lipids so the immersion blender forms a seamless emulsion — cold-added nut butter freezes as waxy flecks.

> **THE PATHWAY B FIREWALL**
>
> On Neilson 3.25% days (Chapter 2, Pathway B), the milk itself brings +3 g fat per pint against this matrix. To hold the 69 g daily lipid ceiling: **Tier 1 builds drop the almond butter dose** (1 tsp · 5 mL · 5 g · +2.7 g fat — a near-exact offset), and **Tier 2 builds (Permutations 11, 14, 15) omit the almond butter entirely** — their Pathway B fat lines already read 15.0–22.0 g (Chapter 9). The firewall is a budget rule, not a texture rule: the pint is richer without the nut butter, never poorer.

CHAPTER 5 — THE THREE-TIER INCLUSION ARCHITECTURE

Inclusions are classified by how they survive the paddle. The class decides the method — there are no exceptions.



THE PANTRY — the emulsion library (LorAnn: Coffee, Vanilla, Lemon, Peppermint, Strawberry, Butter Vanilla, Blueberry; Vanillux vanilla paste), OrgunFun pasteurized egg white protein, Himalayan pink salt, Bob's Red Mill xanthan gum, Creami XL tubs, Mio drops, VOLTRX shaker. Owner photo.

Tier 1 · Machine borehole — approved

Members: cacao nibs (10 g · 0.35 oz), frozen sugar-free chocolate chips and mini chips.

1. **Freeze the inclusions solid** in advance — no exceptions.
2. After the spin, **drill a vertical borehole** roughly 1 in (2.5 cm) wide to the bottom of the tub with a knife.
3. **Pour the inclusions into the cavity** — never piled on top.
4. Run the dedicated **Mix-In** program.

Ninja's manual sets the same architecture: a 1½-inch hole to the bottom, chopped mix-ins, ~1/4 cup (60 mL · ~35–40 g) maximum (Chapter 11, Claim 12).



THE BOREHOLE — Tier 1 inclusions drop into the centre well and ride the Mix-In cycle; nothing solid ever meets the first spin.

Tier 2 · Manual hand-fold — never machine

Members: sugar-free protein dough bits, crunch nuggets, protein-bar chunks.

1. **Never** the Mix-In program — high-velocity blades pulverize soft inclusions into muddy slime.
2. **Drop the pieces** into the spun pint.
3. **Fold gently** with a metal spoon until just distributed.

Tier 3 · Manual knife-swirl — ribbons

Members: zero-calorie caramel syrup, sugar-free chocolate fudge drizzle.

1. **Carve 3–4 vertical channels** through the processed pint with a butter knife.
2. **Drizzle the syrup** down into the channels.
3. **Swirl gently twice** — artisan marbling, no more.

CHAPTER 6 — THE 18 NO-ADDED-SUGAR PERMUTATIONS

Every permutation runs on the Chapter 2 base, unchanged. Flavour quantities are dual-printed (Chapter 7 standard). Macros are per full 24 oz (709 mL) pint, printed for both usages on every recipe: the dark bar is **Pathway A** (Kirkland master ledger), the light bar is **Pathway B — NEILSON** (Neilson 3.25% ledger). Full grids: Chapter 9. **The sugar claim, stated exactly:** no sugar is added anywhere in this system — the sweetness is the allulose / monk-fruit core — but the milk and the fruit bring intrinsic sugars of their own, and they are counted, not hidden: every pint carries 8–22 g net carbs on the master ledger, printed on its recipe page.



THE FLAVOUR LINE-UP — five of the eighteen, stacked: vanilla bean, lemon chiffon, mint chip, strawberry cream and midnight mocha over the chocolate base — one universal base (Chapter 2), eighteen finishes.



01 · Lemon Chiffon

The bright opener of the fruit line — lemon emulsion lifted on vanilla paste, with cream of tartar supplying the gentle tang of real lemon curd. Chiffon by name and by texture: light on the spoon, sharp on the finish.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) LorAnn Lemon Emulsion
- 1/2 tsp (2.5 mL) sugar-free Vanilla Paste
- 1/8 tsp (~0.4 g) cream of tartar — lemon-curd tang

420 kcal · 78.5 g P · 7.5 g F · 9.5 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 479 kcal · 83.5 g P · 10.5 g F · 12.5 g NC



02 · Strawberry Cream

The flagship pint — the recipe on the printed kitchen cards. Strawberry emulsion over a vanilla-cream base, the cream of tartar giving the berries their preserve-bright lift.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) LorAnn Strawberry Emulsion
- 1/2 tsp (2.5 mL) sugar-free Vanilla Paste
- 1/8 tsp (~0.4 g) cream of tartar — berry lift

420 kcal · 78.5 g P · 7.5 g F · 9.5 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 479 kcal · 83.5 g P · 10.5 g F · 12.5 g NC



03 · Blueberry Muffin

Bakery nostalgia, engineered — blueberry emulsion with Ceylon cinnamon warmth and a whisper of tartar tang. The top-of-the-muffin flavour, frozen dense.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the cinnamon (and tartar) to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) LorAnn Blueberry Emulsion
- 1/4 tsp (~0.65 g) Ceylon cinnamon + 1/8 tsp (~0.4 g) cream of tartar

421 kcal · 78.5 g P · 7.5 g F · 9.7 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 480 kcal · 83.5 g P · 10.5 g F · 12.7 g NC



04 · Classic Vanilla Bean

The reference pint against which the whole system is tuned. Vanilla paste plus a Tier 1 whisper of almond butter — the micro-dose that mirrors the lipid richness of French vanilla custard.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent. Melt in the almond butter (1 tsp (5 g · 0.18 oz) almond butter) now — heat is what lets it emulsify seamlessly instead of freezing as waxy flecks.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) sugar-free Vanilla Paste
- 1 tsp (5 g · 0.18 oz) almond butter — Tier 1 lipid dose

453 kcal · 79.8 g P · 10.2 g F · 10.2 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 512 kcal · 84.8 g P · 13.2 g F · 13.2 g NC



05 · Velvet Banana Cream

Banana cream pie in a pint — banana cream rounded with butter vanilla, finished with the cream-pie tang of cream of tartar.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) LorAnn Banana Cream
- 1/2 tsp (2.5 mL) LorAnn Butter Vanilla
- 1/8 tsp (~0.4 g) cream of tartar — cream-pie tang

420 kcal · 78.5 g P · 7.5 g F · 9.5 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 479 kcal · 83.5 g P · 10.5 g F · 12.5 g NC



06 · Spiced Chai Latte

A latte translated to ice cream — cardamom and black tea powder over a Ceylon cinnamon core. Warming spice, frozen solid; the contradiction is the point.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the cardamom, tea powder and cinnamon to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1/8 tsp (~0.25 g) cardamom
- 1 tsp (~2 g) black tea powder
- 1/2 tsp (~1.3 g) Ceylon cinnamon — chai spice core

422 kcal · 78.5 g P · 7.5 g F · 10.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 481 kcal · 83.5 g P · 10.5 g F · 13.0 g NC



07 · Pistachio Biscotti

Pistachio deepened with premium almond extract, tuned to the twice-baked register of biscotti — nutty and dry-sweet, with a dough-like tang from the tartar.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) Pistachio Flavour
- 1/4 tsp (1.25 mL) premium almond extract
- 1/8 tsp (~0.4 g) cream of tartar — biscotti dough tang

420 kcal · 78.5 g P · 7.5 g F · 9.5 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 479 kcal · 83.5 g P · 10.5 g F · 12.5 g NC



08 · Midnight Mocha

The leanest pint in the book and the protein-densest of the isolate line — iced-mocha isolate, coffee emulsion, and a half-teaspoon of Bustelo for midnight depth.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: PVL ISOGOLD (ICED MOCHA) · SPIN: SORBET (LITE ICE CREAM SANCTIONED) · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the PVL Isogold (Iced Mocha) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/4 tsp = 1.0 g (1000 mg) — pure isolate line). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Sorbet (Lite Ice Cream sanctioned)**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- PVL Isogold (Iced Mocha) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/4 tsp = 1.0 g (1000 mg) — pure isolate line

THIS RECIPE

- 1 tsp (5 mL) Coffee Emulsion
- 1/2 tsp (~1 g) instant Café Bustelo

380 kcal · 81.5 g P · 6.0 g F · 8.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 439 kcal · 86.5 g P · 9.0 g F · 11.0 g NC



09 · Triple Mint Chip

Triple-chocolate isolate under natural peppermint, with frozen cacao nibs drilled through the borehole after the spin — the chip crunch survives because the nibs are folded in by the Mix-In cycle, never frozen into the base.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: PVL ISOGOLD (TRIPLE CHOC) · SPIN: SORBET (LITE ICE CREAM SANCTIONED) · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the PVL Isogold (Triple Choc) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/4 tsp = 1.0 g (1000 mg) — pure isolate line). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Sorbet (Lite Ice Cream sanctioned)**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Drill the centre borehole, add the frozen cacao nibs (10 g · 0.35 oz), and run Mix-In. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- PVL Isogold (Triple Choc) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/4 tsp = 1.0 g (1000 mg) — pure isolate line

THIS RECIPE

- 1/2 tsp (2.5 mL) Peppermint Emulsion
- 10 g (0.35 oz) frozen cacao nibs — Tier 1, added by Mix-In after the spin

430 kcal · 82.5 g P · 10.5 g F · 9.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 489 kcal · 87.5 g P · 13.5 g F · 12.0 g NC



10 · Dark Chocolate Oreo

Black cocoa does the heavy lifting — near-black, cookie-dark chocolate on a triple-chocolate isolate base, with cacao nibs ground through the matrix for the crunch register.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: PVL ISOGOLD (TRIPLE CHOC) · SPIN: SORBET (LITE ICE CREAM SANCTIONED) · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the PVL Isogold (Triple Choc) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/4 tsp = 1.0 g (1000 mg) — pure isolate line). Add the black cocoa (and pudding mix, where listed) to the dry bowl — cocoa clumps if it meets liquid first. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Sorbet (Lite Ice Cream sanctioned)**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- PVL Isogold (Triple Choc) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/4 tsp = 1.0 g (1000 mg) — pure isolate line

THIS RECIPE

- 1 tbsp (~5 g) black cocoa
- 1/2 tsp (2.5 mL) sugar-free Vanilla Paste
- 10 g (0.35 oz) cacao nibs

450 kcal · 83.5 g P · 11.0 g F · 10.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 509 kcal · 88.5 g P · 14.0 g F · 13.0 g NC



11 · Peanut Butter Twist

The mocha base twisted through peanut — defatted PB powder in the dry matrix, a full Tier 2 tablespoon of almond butter emulsified in the hot phase. The first of the heavy pints.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: PVL ISOGOLD (ICED MOCHA) · SPIN: SORBET (LITE ICE CREAM SANCTIONED) · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the PVL Isogold (Iced Mocha) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/4 tsp = 1.0 g (1000 mg)). Add the peanut butter powder to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent. Melt in the almond butter (1 tbsp (15 g · 0.53 oz) almond butter) now — heat is what lets it emulsify seamlessly instead of freezing as waxy flecks.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Sorbet (Lite Ice Cream sanctioned)**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- PVL Isogold (Iced Mocha) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/4 tsp = 1.0 g (1000 mg)

THIS RECIPE

- 2 tbsp (~12 g) defatted peanut butter powder
- 1 tbsp (15 g · 0.53 oz) almond butter — Tier 2 lipid dose

510 kcal · 91.5 g P · 12.0 g F · 11.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 569 kcal · 96.5 g P · 15.0 g F · 14.0 g NC



12 · Birthday Cake

Cake-batter register on the vanilla blend — butter vanilla and vanilla paste with the batter tang of cream of tartar. The celebration pint; its higher net-carb line is the blend base speaking, printed honestly.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: SYNTHA-6 (VANILLA) · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Syntha-6 (Vanilla) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the cream of tartar to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Syntha-6 (Vanilla) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) Butter Vanilla
- 1/2 tsp (2.5 mL) sugar-free Vanilla Paste
- 1/8 tsp (~0.4 g) cream of tartar — cake-batter tang

460 kcal · 74.0 g P · 11.0 g F · 21.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 519 kcal · 79.0 g P · 14.0 g F · 24.0 g NC



13 · Cinnamon Roll Glaze / Snickerdoodle

Butter vanilla and maple under a cinnamon core — half cinnamon-roll glaze, half snickerdoodle crust. The warmest pint in the bakery line.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: SYNTHA-6 (VANILLA) · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Syntha-6 (Vanilla) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the cinnamon (and tartar) to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Syntha-6 (Vanilla) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) Butter Vanilla
- 1/2 tsp (2.5 mL) Maple Emulsion
- 1/2 tsp (~1.3 g) Ceylon cinnamon + 1/8 tsp (~0.4 g) cream of tartar

462 kcal · 74.0 g P · 11.0 g F · 21.2 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 521 kcal · 79.0 g P · 14.0 g F · 24.2 g NC



14 · Maple Walnut Cream

Maple emulsion at full dose with a Tier 2 almond-butter emulsion and cinnamon — the richest of the classic line, built like a praline cream.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: SYNTHA-6 (VANILLA) · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Syntha-6 (Vanilla) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent. Melt in the almond butter (1 tbsp (15 g · 0.53 oz) almond butter) now — heat is what lets it emulsify seamlessly instead of freezing as waxy flecks.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Syntha-6 (Vanilla) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1.5 tsp (7.5 mL) Maple Emulsion
- 1 tbsp (15 g · 0.53 oz) almond butter — Tier 2 lipid dose
- 1/4 tsp (~0.65 g) Ceylon cinnamon

561 kcal · 78.0 g P · 19.0 g F · 22.2 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 620 kcal · 83.0 g P · 22.0 g F · 25.2 g NC



15 · PB Fudge Crunch

The ceiling pint — 92.5 g of protein, triple PB powder, Tier 2 almond butter and cacao nibs. Maximalist by design: the pint that spends the day's lipid budget like it means it.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the peanut butter powder to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent. Melt in the almond butter (1 tbsp (15 g · 0.53 oz) almond butter) now — heat is what lets it emulsify seamlessly instead of freezing as waxy flecks.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 3 tbsp (~18 g) defatted peanut butter powder
- 10 g (0.35 oz) cacao nibs
- 1 tbsp (15 g · 0.53 oz) almond butter — Tier 2 lipid dose

610 kcal · 92.5 g P · 18.5 g F · 14.5 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 669 kcal · 97.5 g P · 21.5 g F · 17.5 g NC



16 · No-Added-Sugar Cookie Dough

Brown-sweetener dough register in the base, real protein dough bits folded in by hand after the spin — Tier 2 treatment, because the machine cycle would pulverize them to mud.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg)). Add the brown sweetener, tartar and cinnamon to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Fold the dough bits in by hand with a spoon — Tier 2 rules: the machine would obliterate them. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg)

THIS RECIPE

- 1 tsp (5 mL) sugar-free Vanilla Paste
- 1 tbsp (~8 g) zero-calorie brown sweetener
- 1/8 tsp (~0.4 g) cream of tartar + 1/8 tsp (~0.35 g) Ceylon cinnamon
- Sugar-free protein dough bits — Tier 2, hand-folded after the spin

471 kcal · 83.5 g P · 10.0 g F · 11.7 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 530 kcal · 88.5 g P · 13.0 g F · 14.7 g NC



17 · No-Added-Sugar Caramel Crunch

Butterscotch pudding mix gives the body, zero-calorie caramel the flavour — crunch bits folded in by hand, then the caramel ribboned through in knife-cut channels. The pudding in the base is why the gum line drops (the pudding reduction directive).

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: HEXAPRO VANILLA · SPIN: LITE ICE CREAM · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the Hexapro Vanilla (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg) — pudding directive). Add the pudding mix, tartar and cinnamon to the dry bowl. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Lite Ice Cream**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Fold the crunch bits in by hand, then cut 3–4 vertical channels with a knife and ribbon the caramel through them — Tier 3 swirl, never spun. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- Hexapro Vanilla — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg) — pudding directive

THIS RECIPE

- 1 tbsp (15 mL) zero-calorie caramel
- 1 tbsp (~8 g) sugar-free butterscotch pudding mix
- 1/8 tsp (~0.4 g) cream of tartar + 1/8 tsp (~0.35 g) Ceylon cinnamon
- Sugar-free protein crunch bits — Tier 2, hand-folded · zero-calorie caramel — Tier 3, knife-swirl

461 kcal · 81.5 g P · 8.5 g F · 12.2 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 520 kcal · 86.5 g P · 11.5 g F · 15.2 g NC



18 · No-Added-Sugar Chocolate Swirl

Black cocoa and chocolate pudding on the triple-chocolate isolate — mini chips through the borehole, fudge swirled with a knife. The swirl is cut, never spun.

MAKES 1 × 24 OZ (709 ML) XL PINT · BASE: PVL ISOGOLD (TRIPLE CHOC) · SPIN: SORBET (LITE ICE CREAM SANCTIONED) · FREEZE: 24 H

METHOD

1. **Dry bowl.** Weigh the PVL Isogold (Triple Choc) (1.5 scoops · ~38–45 g), sweetener (3–4 tbsp · 25–35 g), salt (1 pinch · ~0.5 g) and stabilizer (1/8 tsp = 0.5 g (500 mg) — pudding directive). Add the black cocoa (and pudding mix, where listed) to the dry bowl — cocoa clumps if it meets liquid first. Dry-whisk thoroughly — the gum must vanish into the powder before any liquid exists.
2. **Hot phase.** Dissolve the broth and collagen in the boiling water until translucent.
3. **Cold phase & vortex.** Add the milk (250 mL · 8.5 fl oz — Pathway A, B or C) and the egg whites (100 g · 3.5 oz). Submerge the immersion blender, establish the vortex, and stream the dry bowl in over 90 seconds. Fold in the liquid flavour items (see list). Taste now: the warm base must read deliberately over-sweet — freezing will mute it.
4. **Settle & freeze.** Rest 15 minutes. Pour into the 24 oz (709 mL) XL pint, verify 600–645 g (21.2–22.8 oz), level the surface with the masher. Freeze lid-off 2–4 hours, then lid on to 24 hours total at −18 °C to −20 °C (0 °F to −4 °F).
5. **Spin & finish.** Warm bath 30–60 seconds, lock the tub in, Full zone, **Sorbet (Lite Ice Cream sanctioned)**. Scrape the icy wall ring, re-spin dry first — a splash (15–30 mL · 1–2 tbsp) of the base milk only if still powdery. Drill the borehole, add the mini chips and run Mix-In; then knife-swirl the fudge through 3–4 vertical channels. Serve at once, or press leftovers flat, lid on, straight back to the freezer.

INGREDIENTS — THE BASE

- Filtered water, boiling — 150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
- Bone broth powder — 1 scoop (~10 g · 0.35 oz)
- Marine collagen peptides — 1 scoop (~10 g · 0.35 oz)
- Milk, pathway of choice (Ch. 2) — 250 mL (8.5 fl oz · 1.06 cups)
- Pasteurized liquid egg whites — 100 g (3.5 oz · 0.42 cup)
- PVL Isogold (Triple Choc) — 1.5 scoops (~38–45 g · 1.3–1.6 oz)
- Sweetener core, allulose-forward — 3–4 tbsp (25–35 g · 0.9–1.2 oz)
- Pink Himalayan salt — 1 generous pinch (~0.5 g · 500 mg)
- Stabilizer (tara, xanthan or guar) — 1/8 tsp = 0.5 g (500 mg) — pudding directive

THIS RECIPE

- 1 tbsp (~5 g) black cocoa
- 1 tbsp (~8 g) sugar-free chocolate pudding mix
- 10 g (0.35 oz) frozen sugar-free mini chips — Tier 1, Mix-In · sugar-free fudge — Tier 3, knife-swirl

440 kcal · 85.5 g P · 8.5 g F · 10.0 g NC — PATHWAY A (KIRKLAND)

NEILSON B · 499 kcal · 90.5 g P · 11.5 g F · 13.0 g NC

PART II

REFERENCE & REGISTERS

The back of the book — the proof layer. Conversion tables, the food science behind the base, the full macro ledgers, and the audit registers. Nothing here is needed at the counter; everything here is why the working chapters can be trusted.

Chapter 7 · The Measurement Standard — Dual Units

Chapter 8 · The Physics & Food Science of the Base

Chapter 9 · Macro Ledgers

Chapter 10 · Hardware Safety & the Hall of Mistakes

Chapter 11 · Validation Register

Chapter 12 · Reconciliation Register

Appendix A · Equipment & Pantry

Appendix B · Reference Sources

CHAPTER 7 — THE MEASUREMENT STANDARD

Every quantity in this book is dual-printed, without exception: the kitchen measure the hand uses — scoops, teaspoons, tablespoons, cups — and the true measure the scale verifies — millilitres, fluid ounces, grams, ounces, milligrams. This chapter is the conversion authority for the whole system.



THE STANDARD, IN TOOLS — spoons, cups and the 0.1 g scale: every quantity in this book is spoken in both languages.

Master conversions

Unit	Metric	Imperial	Notes
1 tsp	5 mL	—	Gum doses: 1/4 tsp = 1.0 g; 1/8 tsp = 0.5 g (levelled flush, Ch. 2)
1 tbsp	15 mL · 3 tsp	0.5 fl oz	Allulose: 1 tbsp ≈ 8–9 g · Black cocoa: 1 tbsp ≈ 5 g
1 cup	236.6 mL · 16 tbsp · 48 tsp	8 fl oz	Milk 250 mL ≈ 1.06 cups · Egg whites 100 mL ≈ 0.42 cup · Water 150–200 mL ≈ 0.63–0.85 cup
1 fl oz	29.57 mL	—	Re-spin splash: 15–30 mL = 0.5–1.0 fl oz = 1–2 tbsp
1 oz (weight)	28.35 g	—	Pint fill: 600–645 g = 21.2–22.8 oz

1 mg	0.001 g	—	Gum in mg: 1/4 tsp = 1000 mg · 1/8 tsp = 500 mg
24 oz pint	709 mL	3 cups	Max Fill line sits below the lid threads
68 oz pitcher	2.0 L	—	The 3× batch vessel (Ch. 2)
Temperature	−18 °C · −20 °C · −25 °C	0 °F · −4 °F · −13 °F	Working freeze window · working window · cement-brick floor

Scoop & ingredient equivalents (this system’s products)

Item	Kitchen measure	True measure
Target protein powder (Hexapro / PVL Isogold / Syntha-6)	1.5 scoops	~38–45 g (1.3–1.6 oz)
Bone broth powder (Left Coast Performance)	1 scoop	~10 g (0.35 oz)
Marine collagen (Organika / pure)	1 scoop	~10 g (0.35 oz)
Granulated allulose / sweetener core	3–4 tbsp	25–35 g (0.9–1.2 oz)
Stabilizer gum — isolate bases	1/4 tsp, levelled	1.0 g (1000 mg)
Stabilizer gum — blend / pudding bases	1/8 tsp, levelled	0.5 g (500 mg)
Kirkland almond butter — Tier 1	1 tsp	5 g (0.18 oz)
Kirkland almond butter — Tier 2	1 tbsp	15 g (0.53 oz)
Cacao nibs / frozen SF mini chips	~2 tsp	10 g (0.35 oz)
Defatted peanut powder	2 tbsp / 3 tbsp	~12 g / ~18 g (0.42 / 0.63 oz)
Black cocoa powder	1 tbsp	~5 g (0.18 oz)
Liquid egg whites, pasteurized	~1/3 cup + 1 tbsp	100 g (3.5 oz) ≈ 100 mL (3.4 fl oz · 0.42 cup)
Kirkland ultra-filtered 2% milk	~1 cup + 1 tbsp	250 mL (8.5 fl oz · 1.06 cups)
Filtered water, boiling (70–100 °C / 158–212 °F)	—	150–200 mL (5.1–6.8 fl oz · 0.63–0.85 cup)
LorAnn emulsions / vanilla paste	1/2–1 tsp	2.5–5 mL
Pink Himalayan salt		~0.5 g (500 mg)

1 generous pinch	

Spoon-to-weight figures are for the specific products named, levelled with the flat bar — a mounded spoon of gum can double the dose, which is precisely the slime trap (Chapter 10). When a kitchen measure and the scale disagree, the scale governs: this system weighs to 0.1 g (0.004 oz) on a 2000 g (4.4 lb) capacity scale.

CHAPTER 8 — THE PHYSICS & FOOD SCIENCE OF THE BASE

Hydrophobicity and stabilization

Protein isolates resist water integration. Dry protein or gum dropped straight into liquid forms hydrophobic “glue pockets” that freeze into icy lumps and load the paddle with dangerous resistance. Hence the system’s first law: stabilizer is always isolated inside the dry matrix before liquid appears (Step 1), then streamed into a moving vortex (Step 2). Gum manufacturers prescribe the identical technique — pre-blend with dry powders to prevent “fish-eye” clumps (Chapter 11, Claim 7).

Volumetric expansion and the centre hump

Egg-white albumin and whey trap micro-air during blending and give the base its overrun — but frozen under a sealed lid, that expansion drives the centre upward into a frost hump. A convex surface deflects the descending spindle and loads the drive with lateral shear. The countermeasures are layered: the 15-minute settle, the lid-off first freeze phase, and masher levelling before any spin. Ninja’s manual forbids processing a pint frozen unevenly or at an angle; the hump itself is documented in community forensic practice (Chapter 11, Claim 2).

Freezing-point depression — the allulose engine

Freezing-point depression is colligative: it scales with the number of dissolved particles, not their mass. Allulose (molecular weight 180.16 g/mol) delivers nearly twice the particle count per gram of sucrose (342.3 g/mol) — a freezing-point depression factor of **1.9×**. The system’s dose of **25–35 g (0.9–1.2 oz)** of crystalline allulose per pint therefore softens the frozen matrix measurably, without the crystallization-in-storage that hardens erythritol-sweetened pints, and without sugar. Published references confirm allulose depresses the freezing point and supports scoopability (Chapter 11, Claim 9), with the nuance recorded there.

The hydrocolloid anti-slime law

Xanthan, guar and tara are pseudoplastic, shear-thinning hydrocolloids. In a plain isolate base they suppress ice crystals cleanly at 1/4 tsp (1.0 g · 1000 mg). But in matrices that already carry whey/casein blends and modified starches (instant pudding mixes), total hydrocolloid load above roughly **0.25% w/w** cross-links into an elastic, rubbery slime. That threshold is the physical basis of the calibration rule in Chapter 2: blends and pudding bases are halved to 1/8 tsp (0.5 g · 500 mg).

The taste-audit law

Sub-zero temperatures temporarily anesthetize taste receptors: cold dulls sweetness and flavour. The warm base must therefore taste noticeably over-sweet at the pre-freeze audit; a

base that tastes merely mild warm will eat flat and unpalatable frozen. This is standard ice-cream doctrine, confirmed in the literature (Chapter 11, Claim 15).

What the collagen is — and is not

Gelatin is a classic ice-cream stabilizer. Hydrolyzed collagen peptides are not gelatin: per GELITA’s technical data they cannot form a gel network at any useful concentration. In this system, bone broth and marine collagen are a **protein payload** — amino acids and macro mass. Stabilization belongs to the calibrated gums alone (Chapter 11, Claim 10).

CHAPTER 9 — MACRO LEDGERS

Per full 24 oz (709 mL) pint. Macros depend on usage — the milk pathway is the only variable. The **V198.4 ledger** (Pathway A, Kirkland 2%) governs this edition; the **Pathway B ledger** (Neilson 3.25%) is printed in full beneath it; the **V194.1 ledger** (Pathway C, Silk base) is preserved at the end — the grids differ because the base milk changed, not because a recipe did.

V198.4 — Kirkland base (governing)

#	Permutation	kcal	Protein	Fat	Net carbs
01	Lemon Chiffon	420	78.5 g	7.5 g	9.5 g
02	Strawberry Cream	420	78.5 g	7.5 g	9.5 g
03	Blueberry Muffin	421	78.5 g	7.5 g	9.7 g
04	Classic Vanilla Bean	453	79.8 g	10.2 g	10.2 g
05	Velvet Banana Cream	420	78.5 g	7.5 g	9.5 g
06	Spiced Chai Latte	422	78.5 g	7.5 g	10.0 g
07	Pistachio Biscotti	420	78.5 g	7.5 g	9.5 g
08	Midnight Mocha	380	81.5 g	6.0 g	8.0 g
09	Triple Mint Chip	430	82.5 g	10.5 g	9.0 g
10	Dark Chocolate Oreo	450	83.5 g	11.0 g	10.0 g
11	Peanut Butter Twist	510	91.5 g	12.0 g	11.0 g
12	Birthday Cake	460	74.0 g	11.0 g	21.0 g
13	Cinnamon Roll Glaze	462	74.0 g	11.0 g	21.2 g
14	Maple Walnut Cream	561	78.0 g	19.0 g	22.2 g
15	PB Fudge Crunch	610	92.5 g	18.5 g	14.5 g
16	No-Added-Sugar Cookie Dough	471	83.5 g	10.0 g	11.7 g
17	No-Added-Sugar Caramel Crunch	461	81.5 g	8.5 g	12.2 g
18	No-Added-Sugar Chocolate Swirl	440	85.5 g	8.5 g	10.0 g

Pathway B — Neilson 3.25% base (V2.3 ledger)

Every line = the governing line + the label-verified milk delta (+5 g protein · +3 g fat · +3 g net carbs · +59 kcal per 250 mL / 8.5 fl oz pour). Tier 1 and Tier 2 fat lines assume the Chapter 4 firewall is not applied —

drop the almond butter and subtract its dose (+2.7 g fat / +33 kcal Tier 1 · +8.0 g fat / +100 kcal Tier 2) from the line.

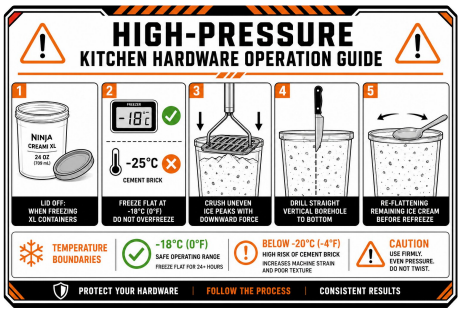
#	Permutation	kcal	Protein	Fat	Net carbs
01	Lemon Chiffon	479	83.5 g	10.5 g	12.5 g
02	Strawberry Cream	479	83.5 g	10.5 g	12.5 g
03	Blueberry Muffin	480	83.5 g	10.5 g	12.7 g
04	Classic Vanilla Bean	512	84.8 g	13.2 g	13.2 g
05	Velvet Banana Cream	479	83.5 g	10.5 g	12.5 g
06	Spiced Chai Latte	481	83.5 g	10.5 g	13.0 g
07	Pistachio Biscotti	479	83.5 g	10.5 g	12.5 g
08	Midnight Mocha	439	86.5 g	9.0 g	11.0 g
09	Triple Mint Chip	489	87.5 g	13.5 g	12.0 g
10	Dark Chocolate Oreo	509	88.5 g	14.0 g	13.0 g
11	Peanut Butter Twist	569	96.5 g	15.0 g	14.0 g
12	Birthday Cake	519	79.0 g	14.0 g	24.0 g
13	Cinnamon Roll Glaze	521	79.0 g	14.0 g	24.2 g
14	Maple Walnut Cream	620	83.0 g	22.0 g	25.2 g
15	PB Fudge Crunch	669	97.5 g	21.5 g	17.5 g
16	No-Added-Sugar Cookie Dough	530	88.5 g	13.0 g	14.7 g
17	No-Added-Sugar Caramel Crunch	520	86.5 g	11.5 g	15.2 g
18	No-Added-Sugar Chocolate Swirl	499	90.5 g	11.5 g	13.0 g

V194.1 — Silk base (archived ledger, 15 permutations)

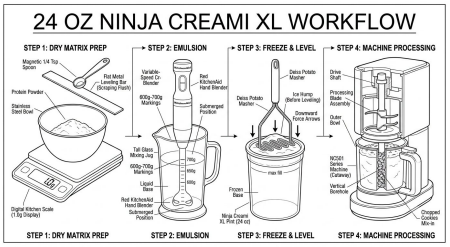
#	Permutation	kcal	Protein	Fat	Net carbs
01–07	Hexapro fruit & classic line	464	79.5 g	11.0 g	13.0 g
04	Classic Vanilla Bean (Tier 1)	497	80.8 g	13.7 g	13.7 g
08–09	Midnight Mocha · Triple Mint Chip	434	82.5 g	9.5 g	7.0 g
10	Dark Chocolate Oreo	454	83.5 g	10.0 g	8.0 g
11	Peanut Butter Twist	584	92.5 g	19.0 g	10.0 g

12–13	Birthday Cake · Cinnamon Roll	554	75.0 g	17.0 g	26.5 g
14	Maple Walnut Cream	654	79.0 g	25.0 g	27.5 g
15	PB Fudge Crunch	614	91.5 g	21.0 g	17.0 g

Label flag (V2.3): the archived Silk grid above is preserved exactly as V194.1 printed it. Silk Canada's current label for the Almond & Cashew Protein beverage (8 g protein · 0 g sugar · 90 kcal per 250 mL / 8.5 fl oz) does not support protein lines above the Kirkland grid — costed from the label, Pathway C pints run ≈5 g protein and ≈4–5 g net carbs below Pathway A (Chapter 2). The archived grid stands as the historical record pending a full label-based recost; it is flagged, never silently altered (Chapter 12).



KITCHEN CARD — The Velvet Banana Cream. Owner artwork.



KITCHEN CARD — The Strawberry Cream Profile, Silk-variant accounting as printed for the kitchen wall. Owner artwork.



THE RESULT — Strawberry Cream (Permutation 02), hard-scoop density off a dry re-spin. Owner photo.

CHAPTER 10 — HARDWARE SAFETY & THE HALL OF MISTAKES

Critical limits

- **Thermal window:** process pints frozen at −18 °C to −20 °C (0 °F to −4 °F). Below −22 °C (−8 °F), temper before spinning; below −25 °C (−13 °F) the base is a cement brick.
- **Fill window:** 600–645 g (21.2–22.8 oz), never past Max Fill (Ch. 11, Claim 13).
- **Surface law:** the block's top must be level before the tub enters the machine.
- **Program law:** Lite Ice Cream or Sorbet only, for every base in this system.
- **Sanitation law:** hot-water spindle flush immediately after every spin — protein mist in the drive recess becomes biofilm and lock failure.

The Hall of Mistakes — forensic register

#	Documented error	Root cause	Override protocol
01	The Stabilizer Slime Trap	Gum past 1/8 tsp (0.5 g) on casein blends or pudding bases cross-links past the 0.25% w/w threshold.	Enforce the 1/8 tsp ceiling; level with the flat bar; weigh it.
02	Hidden Sugar / Agave Trap	Vanilla pastes carried in agave or glucose syrup quietly break the no-added-sugar standard.	Audit the carrier: glycerin or alcohol only.
03	Soft Inclusion Obliteration	Machine Mix-In pulverizes dough bits and bar chunks to mud.	Tier 2 hand-fold, spoon, post-spin (Ch. 5).
04	The Premature Spin	Core under 16 h or not 100% solid: the shaving profile never engages, texture collapses to slush.	Solid-block check is mandatory; 24 h standard.
05	Excessive Thaw Bath	Past 60 s the perimeter liquefies while the core stays rock-hard.	30–60 s window; edges must stay structurally firm.
06	One-Program Bias	Standard Ice Cream is calibrated for soft, fat-rich bases; lean blocks need the higher-shear programs.	Lite Ice Cream or Sorbet, always (Claim 4).
07	Unnecessary Liquid Splash	Milk dumped into a powdery first spin before friction has had	Dry re-spin first; splash 15–30 mL (1–2 tbsp) only if still powdery.

		its chance turns the pint to soup.	
08	Direct Powder Dumping	Gum or protein into cold liquid forms hydrophobic glue pockets.	Dry-whisk first; stream into the vortex over 90 seconds.
09	The Centre Hump Violation	A convex dome deflects the descending shaft and loads the drive laterally.	Shatter and level with the Deiss masher — straight down, never twist.
10	Overflow Freezing	Past Max Fill, expansion chokes the motor and kills overrun.	Weigh the fill: 600–645 g (21.2–22.8 oz), every pint.
11	The Perimeter Ring Omission	The paddle cannot reach the ~1 mm (0.04 in) frost ring on the wall; unmixed, it reads as ice flakes in every spoonful.	Gentle knife scrape after spin 1; fold into the core; re-spin.
12	Spindle Cleanliness Failure	Dairy/protein residue dries inside the lid’s locking cavity; springs seize, biofilm grows.	Hot flush through the spindle aperture immediately post-spin. Critical, not optional.



WALL POSTER — High-Pressure Kitchen Hardware Operation Guide: lid-off freezing, the −18 °C (0 °F) boundary, masher levelling, borehole, re-flattening. Owner artwork.

CHAPTER 11 — VALIDATION REGISTER

Every load-bearing procedure in this system, checked against published references on 21 October 2026. Primary source: the NC501 Owner's Guide (SharkNinja). Supporting: hydrocolloid manufacturer monographs (Cape Crystal, JECFA, GELITA), sweetener technical literature (Tate & Lyle, Ingredion, Jungbunzlauer), Health Canada and USDA / FoodSafety.gov, and established community references (Tasty Travelers, Basics with Bails, Kroll's Korner, Maria Lucey RD). The Master Architecture's internal audit statuses agree with the external check at every point except emphasis — where they differ, this register governs the wording.

#	Claim in this system	Verdict	What the references say
1	Freeze ~24 h at −18 °C to −20 °C (0 °F to −4 °F); temper an over-cold pint	SUPPORTED	Manual: freeze "at least 24 hours"; freezer "between 9 °F and −7 °F" (−13 °C to −22 °C); chest freezers not recommended. For over-cold pints the manual prescribes a few minutes on the counter. The 30–60 s warm bath is community practice (Tasty Travelers, Maria Lucey). Note: −25 °C (−13 °F) is the EU manuals' limit; the US book's floor is −7 °F (−22 °C).
2	The centre hump must be levelled or it risks the drive	NO OFFICIAL SOURCE	The manual never mentions a hump. It does forbid processing a pint frozen at an angle or unevenly, and requires smoothing the surface. Hump mechanics come from community forensic practice; the most careful source (Tasty Travelers) distinguishes an angled freeze from a bump and notes bumps concentrate in low-fat/low-sugar bases — this system's bases.
3	Freeze lid-off for the first 2–4 hours	OWNER CANON	The manual instructs lid-on freezing. Lid-off is widely taught community technique for hump prevention. No Creami-specific food-safety ruling exists; general guidance favours covered storage for

			quality (freezer burn, odour). Retained as labelled owner canon — the single clear official-vs-system divergence in the book.
4	Lite Ice Cream / Sorbet for lean bases; never standard Ice Cream	**SUPPORTED**	Manual: Lite Ice Cream is for recipes low in sugar or fat or using sugar substitutes — keto and paleo named explicitly. Standard Ice Cream is for “traditionally indulgent” bases. The manual does not forbid lean bases on Ice Cream; community consensus is poor results, not damage.
5	Dry re-spin first; splash of 15–30 mL (0.5–1.0 fl oz) only if still powdery	**SUPPORTED**	The NC501 manual’s re-spin procedure is dry — no liquid anywhere in it; re-spin is “often needed for very cold bases.” Adding 1–2 tbsp (15–30 mL) appears in generic Ninja troubleshooting and universal community practice, sequenced after a dry attempt (Basics with Bails: add liquid only if still crumbly after two respins).
6	Scrape the icy wall ring after spin 1, then re-spin	**COMMUNITY**	Universally taught (Basics with Bails, Maria Lucey RD, Kroll’s Korner) because the paddle misses the edges. The manual’s only adjacent word is a caution against aggressive metal utensils in the pint — a gentle knife or spoon stays inside it.
7	Gum at 1.0 g (1000 mg) per ~650 g base; halve for blends/pudding; dry-mix against clumps; overdose = slime	**SUPPORTED**	Published xanthan range in ice cream: 0.10–0.30% by weight; this system runs 0.15–0.23%. Overdose producing slimy/ gummy texture is documented (Cape Crystal), and the Master Architecture’s 0.25% w/w cross-link threshold in starch-bearing matrices is consistent with it. Dry pre-blending

			against “fish-eyes” is manufacturer guidance, near-verbatim.
8	Guar / tara interchangeable; pudding mix justifies the reduced gum dose	**SUPPORTED IN PRINCIPLE**	Guar: 0.1–0.3% typical in ice cream (JECFA); tara: 0.1–0.3%, “similar proportions to guar.” Pudding mix is itself a stabilizer system; published base recipes instruct choosing one stabilizer, not stacking them. No source publishes a numeric reduction formula — the 1/8 tsp (0.5 g) figure is owner calibration, consistent with the principle.
9	Allulose (25–35 g · 0.9–1.2 oz per pint) keeps the pint softer	**SUPPORTED, NUANCED**	Tate & Lyle: allulose depresses the freezing point in frozen products; ~70% of sucrose’s sweetness; browns readily. Ingredion: supports “smooth scoopability.” The Master’s 1.9× factor is the molecular-weight ratio. Nuance: erythritol’s raw depression factor is higher (2.8 in some tables), but it crystallizes in storage and hardens pints (Jungbunzlauer); one industry test found allulose alone texturally poor, allulose + erythritol better. GI discomfort at high doses is documented.
10	Collagen / bone broth in the base	**REFINED**	Gelatin is a classic stabilizer; collagen peptides are not gelatin. GELITA’s FAQ: hydrolyzed collagen cannot gel and its function is not texturizing. This book therefore classes broth + collagen (1 scoop · ~10 g each) as protein payload; the gums stabilize. Agrees with the Master Architecture’s own REFINED status.
11		**SUPPORTED**	Health Canada: use pasteurized egg products for

	Pasteurized liquid egg whites, uncooked, 100 g (3.5 oz) per pint		foods that aren't heated. FoodSafety.gov: homemade ice cream is safe with pasteurized egg products. Liquid egg products are pasteurized by regulation. Keep refrigerated; respect dates; shell eggs are not pasteurized unless labelled.
12	Inclusions by borehole + Mix-In; delicate items hand-folded	SUPPORTED	Manual: Mix-In is designed for candies, cookies, nuts, cereal, frozen fruit; drill a 1½-inch (3.8 cm) hole to the bottom, ~1/4 cup (60 mL) maximum, chopped pieces; hard mix-ins stay intact — use minis or pre-chopped. "DO NOT process hard, loose ingredients or ice." This system's Tier 2/3 hand rules are stricter than the manual — texture doctrine, adopted from the Master Architecture.
13	Never exceed the Max Fill line; fill 600–645 g (21.2–22.8 oz)	SUPPORTED	Manual safety rule and prep steps both prohibit filling past Max Fill; overfilling is named the most typical cause of appliance overload in the motor-reset section. The gram window is the system's own precision layer on top of the line.
14	Cream of tartar, 1/8 tsp (~0.4 g), in fruit/bakery permutations	FLAVOUR ONLY	Its documented frozen-dessert role is acid-catalyzed sugar inversion — which requires ~20 minutes of boiling. Added cold, it inverts nothing and stabilizes nothing. Its verified function here is exactly what the recipes claim: acidity and brightness. Agrees with the Master Architecture's REFINED status.
15	The warm base must taste over-sweet (taste-audit law)	SUPPORTED	Standard ice-cream doctrine in near-verbatim published form: cold dulls sweetness, so mixes

	“taste too sweet before freezing” and should be judged slightly over-sweet and over-flavoured before chilling (IceCreamCalc and standard troubleshooting literature).

What could not be verified

- Whether Ninja’s position on the centre hump has ever changed — successive manuals repeat identical uneven-freeze wording.
- A Creami-specific food-safety ruling on lid-off freezing (Claim 3 rests on general guidance plus community practice).
- A published numeric formula for the pudding-to-gum reduction (Claim 8).
- A validated home-scale ceiling for allulose per pint; reports of extreme doses failing to freeze are community anecdote.
- Live ninjakitchen.com FAQ text — the domain now redirects to sharkninja.com; the NC501 Owner’s Guide was read in full instead.

CHAPTER 12 — RECONCILIATION REGISTER

Four source editions feed this book. The Culinary Engine V198.4 governs formulation; the Master Architecture V186.00 governs the food-science and engineering layer; V194.1 contributes the physics, the scaling protocol and the Silk variant; the V1.0 consolidated edition contributes the external validation. Rulings:

Item	Earlier / alternate	Governing	Ruling
Base milk	Silk Protein Almond & Cashew (V194.1)	Kirkland Ultra-Filtered 2% (V198.4)	Kirkland governs; Silk preserved as certified variant (Ch. 2) with its own ledger (Ch. 9).
Stabilizer dose	Fixed 1/4 tsp xanthan (V194.1)	Calibrated 1/4 tsp isolate / 1/8 tsp blend-pudding (V198.4)	Calibration governs; Master's 0.25% w/w slime threshold (Ch. 8) is its physical basis.
Gum true measure	1.0–1.5 g / 0.5–0.7 g ranges (V198.4 ops text)	1.0 g / 0.5 g exact (Master Architecture)	Exact figures govern the dual-measure tables; the scale-and-level protocol (Ch. 3, Step 1) is what makes exactness achievable.
Fill specification	"Below Max Fill" only (V194.1 / V198.4)	600–645 g (21.2–22.8 oz) window (Master; matches owner blueprint plates)	Gram window adopted as the system spec (Ch. 2, Step 3 verification).
Freeze structure	Lid-off 2–4 h + lid to full 24 h (V194.1)	Lid-off 2–4 h + 16–24 h total (V198.4)	Printed as 24 h total standard, 16 h absolute minimum — the conservative reading of both, and Ninja's own number.
Warm bath	Exactly 30 s (V194.1)	30–60 s (V198.4)	30–60 s window governs; 30 s default.
Re-spin liquid	Silk milk splash (V194.1)	Kirkland milk splash (V198.4)	Splash follows the base in use; dry re-spin precedes either (Ch. 11, Claim 5).
Inclusions	Borehole + hand-fold notes (V198.4)	Three-tier architecture (Master)	Three-tier system governs (Ch. 5); it formalizes, not

			contradicts, the earlier notes.
Permutation count & names	15 (V194.1)	18 (V198.4); Master prefixes 16–18 “SF”	18 govern; printed under their V198.4 names — with 16–18 renamed in V2.9 from “Zero-Sugar” to “No-Added-Sugar” for label honesty (the printed kitchen cards still carry the old names).
Collagen & cream of tartar	Implied structural roles (early drafts)	REFINED: protein payload; flavour acidifier (Master + external check)	Both editions agree after refinement; Ch. 8 and Ch. 11 word them identically.
L-Glutamine	Removed from base; separate beverage (V194.1)	Absent (V198.4)	Consistent: not a base component in any governing edition.
Third milk pathway	Two pathways (Kirkland / Silk)	Pathway B — Neilson 3.25% High Protein, label-verified 21 Oct 2026 (18 g protein · 8.0 g fat · 9 g carbs per 250 mL / 8.5 fl oz)	Certified as the gelato-texture pathway with its own full ledger (Ch. 9) and the lipid firewall (Ch. 4). The 3.25% product is Neilson — not Silk (no such dairy product) and not a non-ultra-filtered whole milk (~9 g protein), which is not a certified substitute.
Silk ledger protein lines	V194.1 grid prints Silk pints ≈1 g protein above the Kirkland grid	Silk Canada label: 8 g protein per 250 mL (8.5 fl oz) vs Kirkland 13 g	Flagged, not rewritten: the archived grid stands as the historical record; label-based costing puts Pathway C ≈5 g protein below Pathway A (Ch. 2, Ch. 9). Full recost pending the owner’s SKU confirmation.
External “V2.2 Expanded Readers Edition”	Replacement base (milk + almond-milk diluent, 33 g generic blend, dual gums 1.8 g, 12–15 min tempering, −20/−22 °C	V2.1 canon, carried through V2.3 into this V2.4	Reviewed in full twice on 21 Oct 2026 and **not adopted** as a document: it deletes the thermal base

freeze, liquid-first re-spin, invented permutations at 32–44 g protein). Revised upload (Oct 2026) synchronized the surface only: Neilson identity and 18 g protein adopted, Silk labelled 8 g, dual measures added, per-recipe A/B/C macro lines added — while its Pathway B delta still omits the +3 g carbs (prints 6.0 g; the label reads 9 g) and every load-bearing break stands.

architecture and halves the protein. Two contributions are adopted with canon numbers — the three-pathway milk frame (V2.3) and the per-recipe dual-usage macro presentation (this V2.4, Ch. 6 card bars). This edition descends from V2.1, not from V2.2.

APPENDIX A — EQUIPMENT & PANTRY

Laboratory tooling manifest

- **Ninja Creami XL Deluxe (NC501 series)**, 800 W · 24 oz (709 mL) Deluxe Pints & lids
- **Taylor digital kitchen scale** — 2000 g (4.4 lb) capacity, 0.1 g (0.004 oz) readability
- **Magnetic measuring spoons (1/8 and 1/4 tsp) + flat metal levelling bar** — the calibration instruments
- **KitchenAid variable-speed hand blender** + 1000 mL (33.8 fl oz) glass mixing jug
- **Stainless steel mixing bowl, 2.5 L (84.5 fl oz)** — dry matrix
- **Deiss heavy-duty stainless steel potato masher** — flat-plate levelling
- **68 oz (2.0 L) Le’raze glass pitcher** — 3× batch scaling
- **VOLTRX electric shaker** — prep-station support

The emulsion library (as shelved)

- LorAnn Bakery Emulsions: Coffee (118 mL / 4 fl oz), Vanilla, Lemon, Natural Peppermint, Strawberry, Butter Vanilla, Blueberry (60 mL / 2 fl oz each)
- Vanillux Vanilla Paste (70 g / 60 mL)
- Stabilizers in rotation: Bob’s Red Mill xanthan gum; tara; guar
- OrgunFun pasteurized egg white protein · Chef’s Choice Himalayan pink rock salt · Mio liquid enhancer

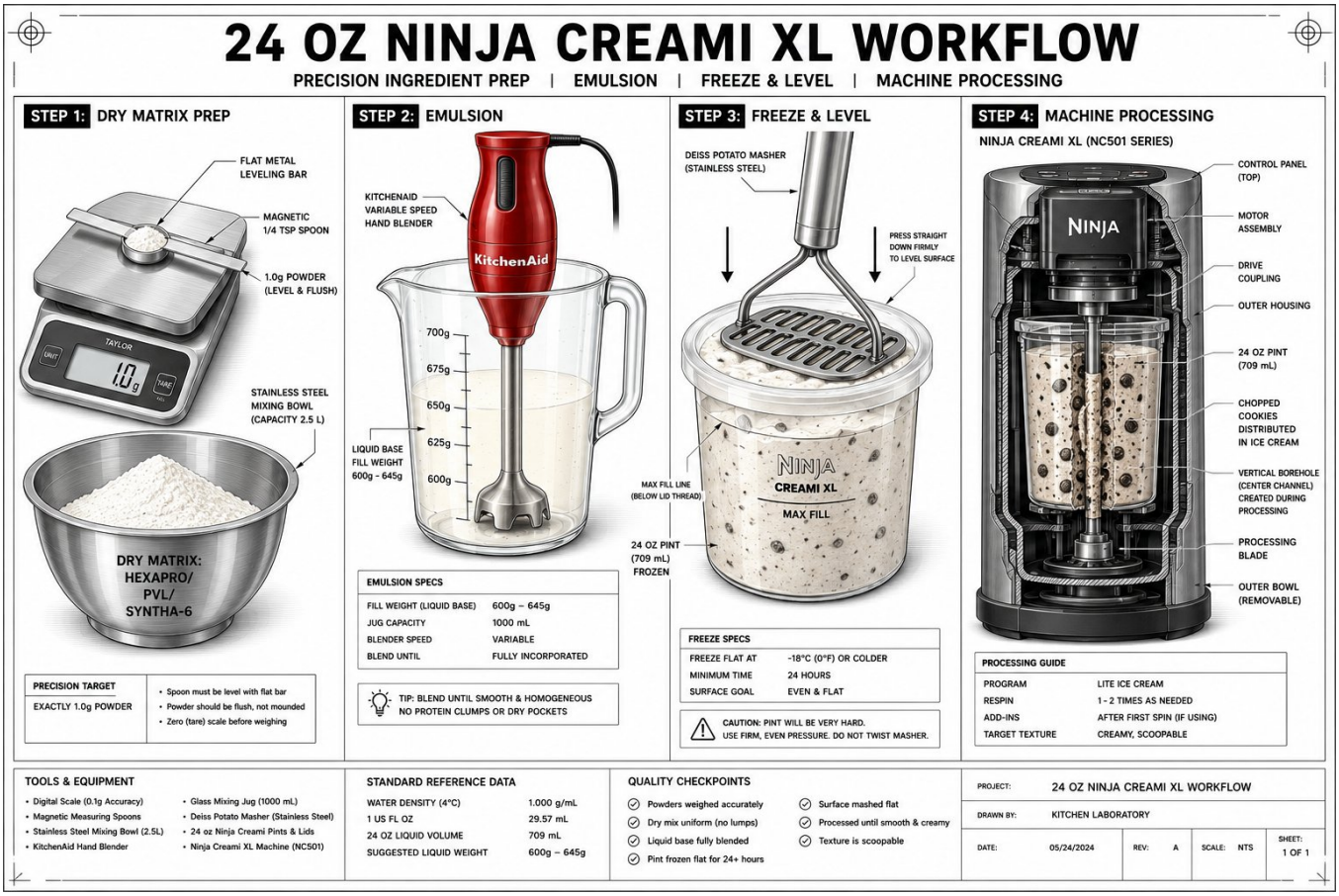


PLATE — 24 oz Ninja Creami XL Workflow, engineering sheet: dry matrix prep · emulsion · freeze & level · machine processing (NC501 cross-section). Owner artwork.

THE STRAWBERRY CREAM PROFILE

BASE INTEGRATION:

150ml Boiling Water
1 Scoop Bone Broth
1 Scoop Marine Collagen
200ml Silk Protein Milk
100g Liquid Egg Whites



MATRIX ADD-INS:

1.5 Scoops Hexapro Vanilla
3-4 tbsp Sweetener
1/4 tsp Xanthan Gum
1 Pinch Salt
1 tsp LorAnn Strawberry Emulsion
1/2 tsp Vanillux Paste

TOTAL PINT MACROS:

464 kcal | 79.5g Protein | 11g Fat Fat | 13g Net Carbs

PROCESSING:

1. Dissolve broth and collagen in boiling water.
2. Blend cold liquids and dry matrix matrix 90s.
3. Settle 15m. 4. Freeze uncovered 4h, then lock lid at -18C fo 24h. Excouverer. 5. Flatten surface with Deiss masher.
6. Spin Lite Cream, 6. Spin Lite Ice Cream, execute Re-Spin.

PLATE — Processing workflow schematic, grid layout: dry prep → liquid mix → freeze & level → processing. Owner artwork.

APPENDIX B — REFERENCE SOURCES

Validation pass, 21 October 2026. Sources listed against the Chapter 11 claims they support.

- **NC501 Owner's Guide** (SharkNinja) — freeze duration and temperature range, lid-on instruction, level-surface rule, Lite Ice Cream definition, dry re-spin procedure, mix-in procedure and limits, Max Fill rules, overload protection, counter tempering. Claims 1–6, 12, 13.
- **Cape Crystal Brands** — xanthan conversion and troubleshooting: ice-cream usage 0.10–0.30%, slime at overdose, fish-eye prevention by dry pre-mixing; tara gum proportions. Claims 7, 8.
- **JECFA monograph; Altrafine; Sosa** — guar gum in ice cream, 0.1–0.5%. Claim 8.
- **Tate & Lyle; Ingredion** — allulose freezing-point depression, ~70% sweetness, browning, scoopability. **Jungbunzlauer** — erythritol crystallization vs allulose in light protein ice cream. Claim 9.
- **GELITA / gelatininfo.com** — gelatin as classic stabilizer; collagen peptides cannot gel and are not texturizers. Claim 10.
- **Health Canada; USDA / FoodSafety.gov** — pasteurized egg products for unheated foods and homemade ice cream. Claim 11.
- **Tasty Travelers; Basics with Bails; Maria Lucey RD; Kroll's Korner; George Eats** — lid-off freezing, hump analysis, tempering, re-spin sequencing, wall scrape, stabilizer choice. Claims 1, 2, 3, 5, 6, 8.
- **IceCreamCalc knowledge base** — cold dulls sweetness; the over-sweet unfrozen base. Claim 15.
- **Pastry Sampler; EatSip365** — cream of tartar as heated sugar-inversion catalyst. Claim 14.

§ ABOUT THIS FINAL EDITION

This Final Edition synergizes every edition of Bogdan’s Ninja Creami XL documentation into one print volume: the Master Operations Manual (Culinary Engine V198.4), the Master Architecture guidebook (Document Architecture V186.00) with its food-science layer, the earlier Operations Manual V194.1, and the V1.0 consolidated edition — including its validation pass against published references (SharkNinja’s NC501 Owner’s Guide, hydrocolloid manufacturer monographs, Health Canada / USDA guidance).

What changed in this edition. (1) **Dual measurement throughout:** every quantity in the book is printed in kitchen measure (scoops, tsp, tbsp, cups) and true measure (mL, fl oz, grams, milligrams, ounces) — Chapter 7 is the system’s measurement standard. (2) The Master Architecture’s engineering layer is integrated: the 600–645 g fill-weight target, the allulose freezing-point science, the 0.25% anti-slime law, the three-tier inclusion architecture, and the pudding reduction directive. (3) All conflicts between editions are ruled on once, in Chapter 12 — nothing is silently overwritten, and the one procedure that runs against the manufacturer’s printed instruction (lid-off freezing) is labelled owner canon wherever it appears. (4) **The cookbook restructure (V2.7):** the book is arranged the way it is used — Part I is the working book (system, base, workflow, fat rules, inclusions, recipes), written step-by-step; the measurement tables, the food science and the registers move to Part II at the back, where reference material belongs.

OPERATOR & SYSTEM PARAMETERS
Operator: **Bogdan Dospinescu**, age 46 · Chassis mass: 200.1 lb (90.8 kg) · Terminal target: 100.0 lb SMM (+11.8 lb)
Hardware: Ninja Creami XL Deluxe, NC501 series · 24 oz (709 mL) Deluxe Pints
System ceilings (PROJECT 100 planning architecture): 2,780 kcal/day · 252 g protein/day · **69 g lipid/day** (gallbladder cap — the reason the lipid tiers in Chapter 4 exist)
Pint target: ~80 g protein with no added sugar, per 24 oz (709 mL) pint

COLOPHON
Ninja Creami XL Protein Ice Cream Guidebook — **Final Edition, Version 2.14 · 22 October 2026** (V2.1 adds the XL Pint Specification, Ch. 1; V2.3 adds the three-pathway milk system with the label-verified Neilson 3.25% Pathway B, the full dual-usage macro ledgers, the Pathway B lipid firewall, and the Silk ledger label flag, Ch. 4 / 6 / 9 / 11; V2.4 synchronizes the per-recipe dual-usage macro presentation onto all 18 permutation cards, Ch. 8; V2.5 recrafts Chapter 8 as a true recipe chapter — every permutation set as a full recipe page with chef's notes, dual-measured ingredient lists and numbered methods; V2.6 adds a hero photograph to every recipe page — art direction adapted from the owner's recipe-card scripts and re-mapped to the canon permutations; the scripts' card data belongs to the non-adopted external system and was not used; V2.7 restructures the book as a working cookbook — Part I carries the practical chapters in

step-by-step form (the base, lipid and inclusion chapters recrafted from tables into ingredient lists, pathway and dose cards, and numbered steps), and the measurement standard, food science and registers move to Part II at the back, with all chapters renumbered and every cross-reference remapped; V2.8 redesigns the cover — a generated seven-flavour flat-lay photograph, the struck-through ICE CREAM headline treatment — PROTEIN up front, FROZEN NUTRITION TREATS as the replacement line — and the sugar sticker — and adds the flavour line-up plate to Chapter 6; V2.9 corrects the sugar terminology book-wide at the owner's challenge: the system adds no sugar, but its pints carry intrinsic milk and fruit sugars inside their printed net-carb lines, so every claim-level "zero-sugar" becomes "no added sugar" — cover sticker, chapter titles, operator block and the names of Permutations 16–18; quoted historical titles are unchanged; V2.10 moves the About and operator front matter to the back of the book, where edition matter belongs, and raises the type sizes throughout the working and reference chapters for print readability — the recipe pages keep their calibrated layout; V2.11 re-sets the cover strike as a positioned marker band across ICE CREAM and issues the corrected canon recipe-scripts master as the companion data file; V2.12 adds the portrait plate series — 9:16 plates shot for the sections and the steps (the base laid out, calibration, vortex, freezer layout, spin and scrape, the borehole, the measurement tools), placed where each belongs in Chapters 1–7, and V2.13 re-shoots the recipe pages themselves under the Varied Illustrative Protocol — every permutation carrying its own directed 9:16 portrait (world, light, angle and props assigned per flavour), replacing the uniform landscape heroes carried since V2.6; V2.14 is the print-layout pass — every photographic plate re-sized and floated into the text flow it illustrates, the machine portrait reduced into Chapter 1's opening text, and cards and callouts locked whole so no section splits across a page turn). PROJECT 100 Kitchen Laboratory. Synergized from: Master Operations Manual / Culinary Engine V198.4 · Master Architecture V186.00 · Operations Manual V194.1 · Consolidated Edition V1.0 with external validation. Calibrated for Bogdan Dospinescu — 2,780 kcal ceiling · 252 g protein ceiling · 69 g lipid ceiling · terminal target 100.0 lb SMM. Companion volumes: PROJECT 100 Encyclopedia V3.4 · Guidebook V3.5. Standing rule of the house: overview and verification over copy-paste — and every disagreement printed in the open.