



Long Livo

Easy Dole Whip Ice Cream

Refreshingly light Dole Whip ice cream prepared with the Ninja Creami – perfect for a breezy treat.

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

4

Servings

Dessert

Course

Ingredients

Base

- ☐ 2 cups frozen pineapple chunks
- ☐ 1/2 cup sweetened condensed milk
- ☐ 1/2 cup canned coconut milk
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 teaspoon lime zest

- ☐ 1/2 teaspoon vanilla extract

- ☐ Pinch of sea salt

Optional Mix-ins

- ☐ 1/4 cup toasted coconut flakes
- ☐ 2 tablespoons diced fresh mango
- ☐ Chocolate shavings

Instructions

- 1 Combine frozen pineapple, condensed milk, coconut milk, lemon juice, lime zest, vanilla, and salt in a blender; blend until completely smooth.
- 2 Pour the mixture into the Ninja Creami's pint container, seal the lid, and freeze for at least 2 hours (or overnight).
- 3 Remove the container, install it onto the Ninja Creami, and select the 'Ice Cream' setting; let the machine spin until creamy.
- 4 If the texture is too dense, add a splash of coconut milk and spin again for a lighter consistency.
- 5 Fold in any optional mix-ins gently, then place the pint back in the freezer for 10-15 minutes to set.
- 6 Scoop into bowls, garnish with toasted coconut, and enjoy the fluffy, tropical delight.

Nutrition per serving

210 kcal

Calories

2 g

Protein

30 g

Carbs

7 g

Fat

Tips & notes

- For extra fluffiness, chill the mixing bowl and paddle overnight.
- Adjust sweetness by adding a bit more condensed milk or a drizzle of honey if desired.
- If the ice cream is too firm after freezing, let it sit at room temperature for 5 minutes before the second spin.