

## **Mango Sherbet**

### Ingredients

4 ounces canned lite coconut milk, cold  
3 ounces coconut water, cold  
8 ounces frozen mango chunks

### Method

In a small pitcher pour coconut milk and coconut water. Stir to combine.

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the frozen mango chunks. Add the coconut liquid mixture. Pulse 8 times and process for 60 to 70 seconds, pulsing from time to time, until smooth. Remove the lid, carefully remove the blades and serve.

## **Frozen Raspberry Yogurt Ice cream**

### Ingredients

8 ounces vanilla low fat liquid yogurt beverage or plain low fat cultured milk smoothie beverage  
3 tablespoons sugar substitute  
8 ounces frozen raspberries

### Method

In a small pitcher pour vanilla low fat liquid yogurt beverage or plain low fat cultured milk smoothie beverage. Add the sugar substitute and mix until dissolved.

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the frozen raspberries. Add vanilla low fat liquid yogurt beverage or plain low fat cultured milk smoothie beverage mixture. Pulse 6 times and process for 60 to 70 seconds, pulsing from time to time, until smooth. Remove the lid, carefully remove the blades and serve.

## **Blueberry Sorbet**

### Ingredients

7 ounces apricot nectar  
8 ounces frozen blueberries

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the frozen blueberries. Add apricot nectar. Pulse 5 times and process for 60 to 70 seconds, pulsing from time to time, until smooth. Remove the lid, carefully remove the blades and serve.

## **Low fat-sugar free mixed berry ice cream**

### Ingredients

7 ounces 1% low fat milk  
3 tablespoons sugar substitute  
8 ounces frozen mixed berries

### Method

In a small pitcher pour 1% low fat milk. Add the sugar substitute and mix until dissolved.

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the frozen mixed berries. Add low fat milk and sugar substitute mixture. Pulse 8 times and process for 60 to 70 seconds, pulsing from time to time, until smooth. Remove the lid, carefully remove the blades and serve.

**Mayonnaise**

8 ounces pasteurized egg yolks  
1 teaspoon Dijon mustard  
1 tablespoon +1 teaspoon lemon juice  
1 teaspoon kosher salt  
2 tablespoons cold water  
2 cups vegetable oil

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the pasteurized egg yolks, Dijon mustard, lemon juice, kosher salt and cold water. While blending, slowly drizzle in the oil, through the pour spout until it reaches a thick consistency and fully incorporated.

**Hummus**

1 – 15ounce can chickpeas, drained  
¾ teaspoon kosher salt  
½ teaspoon ground black pepper  
2 tablespoons tahini paste  
½ teaspoon paprika  
¼ cup olive oil  
¼ cup lemon juice  
3 tablespoons cold water

In a Ninja storm 40 ounce food processing bowl, fitted with the standard blade attachment, place the chick peas, kosher salt, black pepper, tahini paste, paprika and olive oil. Pulse 5 to 7 times and then blend slowly drizzling the lemon juice and cold water through the pour spout until smooth and fully incorporated.