Creami Frozen Yogurt The protein smoothie flavor compendium

Prep: 10 minutes (approx.) | Cook: 24 hours minimum | Makes: 3 breakfasts or 6 desserts

Creamy Greek yogurt, whole fruit, and five ounces of any Chobani High Protein drink become a frozen breakfast or a smaller scoop for dessert. The compendium pairs every current drink flavor and bottle size with 120 fruit combinations, with Matty’s cherry favorites first.

Ingredients

The protein base

• 32 ounces (907 g) Chobani 20g Protein Lowfat Plain Greek Yogurt

• 5 fluid ounces Chobani High Protein Greek Yogurt Drink, any flavor (Matty prefers Cherry Berry or Cherry Vanilla)

Matty’s original fruit combination

• 1 pint raspberries (about 2 cups)

• 1 pint blackberries (about 2 cups)

• 1 cup frozen unsweetened tart cherries, pitted

For the full recipe, measure five fluid ounces of the drink for every 32-ounce yogurt batch and choose one full fruit combination from the compendium; the finished batch is divided between multiple Creami tubs. For one extra-fruity tub, start with 16 ounces of yogurt and add just enough blended fruit-and-drink mixture to reach the MAX FILL line. Choose fresh fruit or frozen fruit without added sugar.

Method

1. Wash and prepare the fruit, removing any pits, stems, or peels as needed. Let frozen fruit soften enough to blend. For apple variations, cook the diced apple until tender without adding sugar, then cool completely.

2. Measure 5 fluid ounces of the chosen protein yogurt drink. Blend it with the prepared fruit until smooth. Then blend in the exact measured flavor addition listed for your chosen combination. This fruit-and-drink mixture is what you will swirl through the yogurt before freezing; do not add these flavorings after spinning. Every measurement is for the entire recipe: 32 ounces of yogurt, 5 ounces of drink, and all of the fruit-not for one serving or one Creami tub. Almond and coconut extracts are intentionally measured a little lower than the other flavorings because they are strong.

3. Ninja Creami step - full recipe: divide the 32-ounce tub of plain Greek yogurt among multiple compatible Ninja Creami Deluxe containers. Divide the blended fruit mixture among those same containers, keeping every container at or below its MAX FILL line.

4. Ninja Creami step: use a spoon or butter knife to hand-swirl the red fruit mixture through the white yogurt in each container. Leave visible ribbons instead of stirring until the mixture is uniformly pink.

5. Ninja Creami step: cover the Creami tubs and freeze them on a level surface for at least 24 hours, following the machine’s instructions. The frozen surface should be level before processing.

6. Ninja Creami step: place one fully frozen tub in the outer bowl and process on the Frozen Yogurt setting. If the result is powdery or crumbly, use Re-spin. If needed, add a small splash of the matching protein drink before re-spinning, staying below the fill line.

7. Serve about one third of the batch for breakfast, or a smaller one-sixth portion for dessert. A full container is not automatically one serving.

Kitchen notes

Cherry Berry and Cherry Vanilla are Matty’s picks. Vanilla, citrus zest, cinnamon, cocoa, and a little almond or coconut extract build distinct flavors without honey or syrup. Fruit sweetness and texture will vary by season.

Estimated nutrition

Per one-third of the original recipe: Calories About 360; Protein About 37 g; Total fat About 5 g; Saturated fat About 3 g; Cholesterol About 35 mg; Sodium About 125 mg; Total carbs About 40 g; Fiber About 11 g; Total sugars About 25 g; Added sugar 0 g.

Estimated per one-third of the original raspberry, blackberry, and tart-cherry recipe made with 32 ounces of Chobani 20g Protein Lowfat Plain Greek Yogurt and 5 fluid ounces of a Chobani High Protein drink. This is a generous breakfast portion. Drink flavor, fruit amounts, and all other combinations change the numbers; the fruit and dairy still contain naturally occurring sugars.

Protein drink bottle guide

Use exactly 5 fluid ounces of protein drink for every 32-ounce yogurt batch, regardless of bottle size.

7 fluid ounces / 15g: Cherry Berry, Strawberries & Cream, Tropical Punch. Use 5 fluid ounces; save 2 fluid ounces.

10 fluid ounces / 20g: Cherry Vanilla, Strawberries & Cream, Mixed Berry Vanilla, Vanilla, Cookies & Cream, Peaches & Cream. Use half the bottle.

14 fluid ounces / 30g: Strawberries & Cream, Mixed Berry Vanilla, Vanilla Ice Cream, Mango. Use 5 fluid ounces; one bottle supplies two batches with 4 fluid ounces left.

Extra-fruity single-tub option

For one Ninja Creami Deluxe tub, spoon 16 ounces plain Greek yogurt into the container. Blend protein smoothie, fruit, and the measured flavor addition for your selected combination. Pour only enough of this mixture over the yogurt to reach, but never cross, the MAX FILL line. Hand-swirl it through the yogurt, reserve any extra mixture for another tub or a smoothie, then freeze level for at least 24 hours before processing on Frozen Yogurt.

The 120-combination compendium

Each combination replaces the original fruit and is sized for the full 32-ounce yogurt batch, which is divided among multiple Creami tubs. Every listed flavor addition is blended into the fruit-and-protein-smoothie mixture before it is swirled through the yogurt; the measurements are for the entire recipe, not one serving or one tub.

Cherry Berry | 7 fluid ounces · 15g protein | Matty's pick

Bright, tart, and deeply berry-forward. This is one of Matty’s two featured cherry drinks.

Cherry Blackberry Crush

2 cups tart cherries + 2 cups blackberries + 1 cup raspberries | Blend in before swirling: ½ teaspoon almond extract

Cherry Raspberry Lemon

2½ cups tart cherries + 2½ cups raspberries | Blend in before swirling: 2 teaspoons lemon zest + 2 teaspoons vanilla extract

Cherry Peach Cobbler

2 cups tart cherries + 2 cups peaches + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Black Forest Berry

2 cups tart cherries + 2 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + 2 teaspoons vanilla extract

Cherry Blueberry Pie

2½ cups tart cherries + 2 cups blueberries + ½ cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Cherry Pomegranate Spark

2½ cups tart cherries + 1 cup pomegranate arils + 1½ cups raspberries | Blend in before swirling: 2 teaspoons orange zest

Cherry Plum Jam

2½ cups tart cherries + 2 cups ripe plum + ½ cup blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Cranberry Orange

2½ cups tart cherries + 1 cup cranberries + 1½ cups raspberries | Blend in before swirling: 2 teaspoons orange zest + 2 teaspoons vanilla extract

Cherry Fig Spice

2½ cups tart cherries + 1½ cups fresh fig + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon

Cherry Red Grape

2 cups tart cherries + 1½ cups seedless red grapes + 1½ cups raspberries | Blend in before swirling: 2 teaspoons lemon zest

Cherry Apricot Almond

2½ cups tart cherries + 1½ cups apricot + 1 cup raspberries | Blend in before swirling: ½ teaspoon almond extract

Cherry Blood Orange

2½ cups tart cherries + 1½ cups blood orange segments + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Vanilla | 10 fluid ounces · 20g protein | Matty's pick

Rounder and creamier than Cherry Berry, with vanilla already built in. Matty’s other featured cherry drink.

Cherry Vanilla Velvet

3 cups tart cherries + 2 cups raspberries | Blend in before swirling: 1 teaspoon additional vanilla extract

Cherry Almond Cream

2½ cups tart cherries + 1½ cups blackberries + 1 cup raspberries | Blend in before swirling: ½ teaspoon almond extract

Cherry Cheesecake

2½ cups tart cherries + 2½ cups raspberries | Blend in before swirling: 2 teaspoons lemon zest + 2 teaspoons vanilla extract

Chocolate-Covered Cherry

2½ cups tart cherries + 1½ cups raspberries + 1 cup strawberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Cherry Blueberry Compote

2½ cups tart cherries + 2 cups blueberries + ½ cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 1 teaspoon ground cinnamon

Cherry Nectarine Cream

2½ cups tart cherries + 2 cups nectarine + ½ cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Fig Vanilla

2½ cups tart cherries + 1½ cups fresh fig + 1 cup blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Pomegranate Vanilla

2½ cups tart cherries + 1 cup pomegranate arils + 1½ cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Strawberry Sundae

2½ cups tart cherries + 2½ cups strawberries | Blend in before swirling: 2 teaspoons vanilla extract

Cherry Pear Ribbon

2½ cups tart cherries + 2 cups ripe pear + ½ cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Cherry Apricot Cream

2½ cups tart cherries + 1½ cups apricot + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + ½ teaspoon almond extract

Cherry Orange Cream

2½ cups tart cherries + 1½ cups orange segments + 1 cup raspberries | Blend in before swirling: 2 teaspoons orange zest + 2 teaspoons vanilla extract

Strawberries & Cream | 7 fluid ounces · 15g; 10 fluid ounces · 20g; 14 fluid ounces · 30g

The one flavor sold in all three bottle sizes, so it is the easiest place to start.

Strawberry Shortcake

4 cups strawberries + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 2 teaspoons lemon zest

Strawberry Banana Cream

3 cups strawberries + 1 banana + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Strawberry Lemonade

3 cups strawberries + 2 cups raspberries | Blend in before swirling: 2 teaspoons lemon zest + 1 tablespoon lemon juice

Strawberry Kiwi

3 cups strawberries + 2 peeled kiwis + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Strawberry Peach Cream

3 cups strawberries + 2 cups peaches | Blend in before swirling: 2 teaspoons vanilla extract

Strawberry Blueberry Swirl

3 cups strawberries + 2 cups blueberries | Blend in before swirling: 2 teaspoons lemon zest

Strawberry Mango Lassi

3 cups strawberries + 2 cups mango | Blend in before swirling: 2 teaspoons lime zest + ¼ teaspoon ground cardamom

Strawberry Pineapple

3 cups strawberries + 1½ cups pineapple + ½ cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Strawberry Guava

3 cups strawberries + 1½ cups guava + ½ cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Strawberry Dragon Fruit

3 cups strawberries + 1½ cups dragon fruit + ½ cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Strawberry Rhubarb

3 cups strawberries + 1½ cups cooked, cooled rhubarb + ½ cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 2 teaspoons orange zest

Strawberry Watermelon

3 cups strawberries + 1½ cups watermelon + ½ cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Tropical Punch | 7 fluid ounces · 15g protein

A lively base for pineapple, mango, citrus zest, and berries.

Tropical Berry Punch

1½ cups pineapple + 1½ cups mango + 2 cups raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Raspberry Lime

2 cups mango + 3 cups raspberries | Blend in before swirling: 2 teaspoons lime zest + 1 tablespoon lime juice

Pineapple Strawberry Kiwi

1½ cups pineapple + 2 cups strawberries + 2 peeled kiwis | Blend in before swirling: 2 teaspoons lime zest + ½ teaspoon coconut extract

Tropical Sunrise

1½ cups mango + 1½ cups pineapple + 2 cups strawberries | Blend in before swirling: 2 teaspoons orange zest

Guava Berry Punch

2 cups guava + 2 cups strawberries + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Papaya Raspberry Lime

2 cups papaya + 2 cups raspberries + 1 cup strawberries | Blend in before swirling: 2 teaspoons lime zest

Dragon Fruit Mango

2 cups dragon fruit + 1½ cups mango + 1½ cups raspberries | Blend in before swirling: 2 teaspoons lime zest

Passion Fruit Pineapple

2 cups pineapple + ½ cup passion-fruit pulp + 2½ cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Kiwi Guava Cooler

2 peeled kiwis + 2 cups guava + 1½ cups strawberries | Blend in before swirling: 2 teaspoons lime zest

Peach Pineapple Punch

2 cups peaches + 1½ cups pineapple + 1½ cups raspberries | Blend in before swirling: 2 teaspoons orange zest

Orange Mango Punch

2 cups mango + 1½ cups orange segments + 1½ cups raspberries | Blend in before swirling: 2 teaspoons orange zest

Cantaloupe Berry Punch

1½ cups cantaloupe + 2 cups strawberries + 1½ cups raspberries | Blend in before swirling: 2 teaspoons lime zest

Mixed Berry Vanilla | 10 fluid ounces · 20g; 14 fluid ounces · 30g

A flexible berry base that makes blueberries and blackberries taste especially lush.

Triple Berry Vanilla

1½ cups each raspberries, blackberries, and blueberries | Blend in before swirling: 2 teaspoons vanilla extract + 2 teaspoons lemon zest

Blueberry Lemon Muffin

2 cups blueberries + 2 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 teaspoons lemon zest + 1 teaspoon ground cinnamon

Blackberry Vanilla Bean

3 cups blackberries + 2 cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Berry Cherry Ribbon

2 cups tart cherries + 1½ cups raspberries + 1½ cups blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Berry Pomegranate

2 cups raspberries + 1½ cups blackberries + 1 cup blueberries + ½ cup pomegranate arils | Blend in before swirling: 2 teaspoons orange zest

Berry Peach Crumble

2 cups peaches + 1½ cups raspberries + 1½ cups blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Berry Pear Vanilla

2 cups ripe pear + 1½ cups raspberries + 1½ cups blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Berry Plum Jam

2 cups ripe plum + 1½ cups raspberries + 1½ cups blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Currant Berry

1 cup currants + 2 cups raspberries + 2 cups blueberries | Blend in before swirling: 2 teaspoons lemon zest

Gooseberry Bramble

1½ cups gooseberries + 2 cups raspberries + 1½ cups blackberries | Blend in before swirling: 2 teaspoons vanilla extract

Mulberry Blackberry

2 cups mulberries + 1½ cups blackberries + 1½ cups raspberries | Blend in before swirling: 2 teaspoons lemon zest

Boysenberry Bramble

2 cups boysenberries + 1½ cups raspberries + 1½ cups blueberries | Blend in before swirling: 2 teaspoons vanilla extract

Vanilla | 10 fluid ounces · 20g protein

The blank canvas: mellow enough for stone fruit, orchard fruit, berries, and warm spice.

Peach Melba

3 cups peaches + 2 cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract + ½ teaspoon almond extract

Apple Pie Berry

2 cups cooked, cooled apple + 2 cups blackberries + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + ¼ teaspoon ground nutmeg

Pear Blackberry

2 ripe pears + 2 cups blackberries + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Lemon Raspberry Cheesecake

4 cups raspberries + 1 cup strawberries | Blend in before swirling: 2 teaspoons lemon zest + 2 teaspoons vanilla extract

Apricot Almond

3 cups apricot + 2 cups raspberries | Blend in before swirling: ½ teaspoon almond extract

Fig Cinnamon Cream

2½ cups fresh fig + 1½ cups blackberries + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Blueberry Lemon Lavender

3 cups blueberries + 2 cups raspberries | Blend in before swirling: 2 teaspoons lemon zest + scant ⅛ teaspoon culinary lavender

Banana Blackberry

1 banana + 3 cups blackberries + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 1 teaspoon ground cinnamon

Blood Orange Raspberry

2 cups blood orange segments + 3 cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Persimmon Spice

2½ cups ripe persimmon + 1½ cups raspberries + 1 cup blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + ½ teaspoon ground ginger

Pomegranate Pear

2 cups ripe pear + 1 cup pomegranate arils + 2 cups raspberries | Blend in before swirling: 2 teaspoons orange zest

Grape Blueberry Cream

2 cups seedless grapes + 2 cups blueberries + 1 cup raspberries | Blend in before swirling: 2 teaspoons lemon zest + 2 teaspoons vanilla extract

Cookies & Cream | 10 fluid ounces · 20g protein

Dessert-like without needing cookie pieces; dark berries and cocoa keep it balanced.

Chocolate-Covered Strawberry

3 cups strawberries + 2 cups raspberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Black Forest Cookies

2½ cups tart cherries + 1½ cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Banana Brownie

1 banana + 3 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + ½ teaspoon espresso powder

Raspberry Cookie Crumble

4 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 teaspoons vanilla extract + 1 tablespoon unsweetened cocoa powder

Blueberry Brownie

3 cups blueberries + 2 cups raspberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + 2 teaspoons vanilla extract

Mocha Cherry Cookie

3 cups tart cherries + 2 cups raspberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + ½ teaspoon espresso powder

Cocoa Raspberry Banana

1 banana + 3 cups raspberries + 1 cup strawberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Chocolate Orange Berry

1½ cups orange segments + 2 cups strawberries + 1½ cups raspberries | Blend in before swirling: 2 teaspoons orange zest + 2 tablespoons unsweetened cocoa powder

Chocolate Plum

2½ cups ripe plum + 1½ cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + 2 teaspoons vanilla extract

Chocolate Fig

2 cups fresh fig + 2 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + 1 teaspoon ground cinnamon

Chocolate Coconut Berry

2 cups strawberries + 2 cups raspberries + 1 cup blackberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder + ½ teaspoon coconut extract

Chocolate Pomegranate

1 cup pomegranate arils + 2 cups raspberries + 2 cups cherries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Peaches & Cream | 10 fluid ounces · 20g protein

Made for summer fruit, with enough berry acidity to keep each batch bright.

Peach Raspberry Melba

3 cups peaches + 2 cups raspberries | Blend in before swirling: ½ teaspoon almond extract

Peach Blackberry Cobbler

3 cups peaches + 2 cups blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Peach Mango Sunrise

2½ cups peaches + 1½ cups mango + 1 cup raspberries | Blend in before swirling: 2 teaspoons orange zest or lime zest

Peach Blueberry Crisp

3 cups peaches + 2 cups blueberries | Blend in before swirling: 1 teaspoon ground cinnamon + ¼ teaspoon ground nutmeg

Peach Nectarine

2½ cups peaches + 2½ cups nectarines | Blend in before swirling: 2 teaspoons vanilla extract

Peach Cherry

2½ cups peaches + 2 cups tart cherries + ½ cup raspberries | Blend in before swirling: ½ teaspoon almond extract

Peach Raspberry Lemon

3 cups peaches + 2 cups raspberries | Blend in before swirling: 2 teaspoons lemon zest

Peach Plum Cobbler

2½ cups peaches + 2 cups ripe plum + ½ cup blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Peach Apricot

3 cups peaches + 2 cups apricot | Blend in before swirling: 2 teaspoons vanilla extract + ½ teaspoon almond extract

Peach Fig

3 cups peaches + 1½ cups fresh fig + ½ cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon

Peach Pomegranate

3 cups peaches + 1 cup pomegranate arils + 1 cup raspberries | Blend in before swirling: 2 teaspoons orange zest

Peach Passion Fruit

3 cups peaches + ½ cup passion-fruit pulp + 1½ cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Vanilla Ice Cream | 14 fluid ounces · 30g protein

A richer vanilla profile for classic ice-cream-shop combinations.

Vanilla Berry Swirl

2 cups raspberries + 2 cups blackberries + 1 cup strawberries | Blend in before swirling: 2 teaspoons vanilla extract

Banana Split Berry

1 banana + 2 cups strawberries + 2 cups raspberries | Blend in before swirling: 2 tablespoons unsweetened cocoa powder

Orange Creamsicle Berry

3 cups strawberries + 2 cups raspberries | Blend in before swirling: 2 teaspoons orange zest + 2 teaspoons vanilla extract

Cinnamon Pear Vanilla

3 cups ripe pear + 2 cups blackberries | Blend in before swirling: 1 teaspoon ground cinnamon

Blueberry Pie

3 cups blueberries + 2 cups raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons lemon zest

Strawberry Rhubarb à la Mode

3 cups strawberries + 1½ cups cooked, cooled rhubarb + ½ cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract

Peach Cobbler à la Mode

3 cups peaches + 2 cups blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + ¼ teaspoon ground nutmeg

Cherry Almond Sundae

3 cups tart cherries + 2 cups raspberries | Blend in before swirling: ½ teaspoon almond extract

Pineapple Upside-Down

2 cups pineapple + 2 cups strawberries + 1 cup tart cherries | Blend in before swirling: 2 teaspoons vanilla extract

Apple Crisp à la Mode

2½ cups cooked, cooled apple + 1½ cups blackberries + 1 cup raspberries | Blend in before swirling: 1 teaspoon ground cinnamon + ¼ teaspoon ground nutmeg

Fig Vanilla Sundae

2½ cups fresh fig + 1½ cups raspberries + 1 cup blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Plum Crumble

3 cups ripe plum + 2 cups blackberries | Blend in before swirling: 1 teaspoon ground cinnamon + 2 teaspoons vanilla extract

Mango | 14 fluid ounces · 30g protein

Juicy and tropical; tart berries keep mango from becoming too sweet after freezing.

Mango Raspberry

2 cups mango + 3 cups raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Blackberry Lime

2 cups mango + 2 cups blackberries + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest + 1 tablespoon lime juice

Mango Pineapple Colada

2 cups mango + 1½ cups pineapple + 1½ cups raspberries | Blend in before swirling: ½ teaspoon coconut extract + 2 teaspoons lime zest

Mango Peach Cream

2 cups mango + 2 cups peaches + 1 cup raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 2 teaspoons lime zest

Mango Strawberry

2½ cups mango + 2½ cups strawberries | Blend in before swirling: 2 teaspoons lime zest

Mango Dragon Fruit

2½ cups mango + 1½ cups dragon fruit + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Passion Fruit

3 cups mango + ½ cup passion-fruit pulp + 1½ cups raspberries | Blend in before swirling: 2 teaspoons vanilla extract + 2 teaspoons lime zest

Mango Papaya

2½ cups mango + 1½ cups papaya + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Guava

2½ cups mango + 1½ cups guava + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Kiwi

2½ cups mango + 2 peeled kiwis + 1½ cups raspberries | Blend in before swirling: 2 teaspoons lime zest

Mango Blood Orange

2½ cups mango + 1½ cups blood orange segments + 1 cup raspberries | Blend in before swirling: 2 teaspoons orange zest

Mango Cantaloupe

2½ cups mango + 1½ cups cantaloupe + 1 cup raspberries | Blend in before swirling: 2 teaspoons lime zest

Build your own from the fruit pantry

Start with 5 cups prepared fruit: 2½ to 3 cups star fruit, 1½ to 2 cups berries for body and fiber, and ½ to 1 cup accent fruit.

Berries & brambles: strawberry, raspberry, blackberry, blueberry, boysenberry, mulberry, currant, gooseberry, cranberry.

Stone fruit: sweet or tart cherry, peach, nectarine, plum, apricot.

Tropical: mango, pineapple, papaya, guava, kiwi, dragon fruit, passion fruit, banana, coconut.

Orchard & late-season: apple, pear, fig, persimmon, pomegranate, red or green grape.

Citrus & melon: orange, blood orange, grapefruit, cantaloupe, honeydew, watermelon.

Keep melon, grapes, and citrus segments to about 1½ cups and fill the remaining volume with berries. Use one banana or up to ½ cup passion-fruit pulp. Cook apple and rhubarb until tender without sugar, then cool completely.

Vegan breakfast version

Replace both dairy ingredients. Use 32 ounces thick, unsweetened, high-protein plant-based Greek-style yogurt plus 5 fluid ounces vegan protein shake. Two 16-ounce tubs of Kite Hill Plain Unsweetened Greek-Style make an easy full batch.

For a soy-free three-quarter batch, use one 24-ounce tub Forager Unsweetened Plain Greek-Style, 3¾ fluid ounces vegan protein shake, and about 3¾ cups fruit. Forager Unsweetened Coconut Protein Shake preserves the no-added-sugar formula. If the first spin is powdery, add 1 to 2 tablespoons of the same shake and Re-spin.