


SUMMER LOVIN'



by

 @sarah_scodellaro

ULTRA LOW CARB

Creami Collection



high protein ice cream for girls who lift

 high protein

 zero guilt

 maximum flavour

HEY BABE



Summer called, she wants her creami back.

INSIDE YOU'LL FIND

- ✓ My Summer Lovin' Creami Collection
- ✓ Easy macro-friendly recipes
- ✓ My secrets to making the perfect jello mix creami

LET'S MAKE YOUR NEW FAVOURITES!



*xoxo,
Sarah*





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warning, highly addictive behaviour ahead.

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- ✓ Raspberry & Cherry
- ✓ Directions



*grab a spoon,
let's go!*



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build your

DREAM PINT



CHOOSE YOUR BASE



Almond milk, coconut milk, cashew milk, oat milk, every base creates a different vibe.

ELEVATE WITH EXTRACTS



A little goes a LONG way trust me – I've suffered through the over-poured experiments for you!

ELITE BABES ADD MIX-IN'S



Cookies. Cereal. Chocolate chips. Crushed toppings. Magic shell. Rice Cakes. Candy. Nuts.

DON'T BE AFRAID TO EXPERIMENT



Some of the best Creamis happen by accident. Mix things up. Try weird combinations. Be creative. Make it yours. Make it delicious!

your pint, your rules



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creami DO'S



- ✓ Freeze with the lid OFF to help prevent peaks
- ✓ Dissolve your jello mix in 2 tbsp of boiling water before blending with the other ingredients – this step matters to ensure a smooth, rich consistency
- ✓ Read my directions page for best results

creami DON'TS

- ✓ Don't use a chest freezer – they run much colder
- ✓ Don't overfill your pint, respect the fill line, babe
- ✓ Don't panic if it needs a re-spin – add 1 tbsp liquid, hit Re-spin, and carry on

a word from your



CREAMI QUEEN



If you see this stamp just know the recipe passed the vibe check.

hey, babe!



My recipes are built to be simple, macro-friendly, high-protein, and good enough to become part of your weekly rotation.



The macros will vary depending on the milk, protein powder, toppings, and mix-ins you use. Make the recipes work for you.



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- ✔ Prefer a less sweet Creami? Reduce the pudding/jello mix slightly. Want it sweeter? Add a little sugar-free syrup to the base. Sweetness can vary A LOT depending on the protein powder you use – some are much sweeter than others.
- ✔ And babe – if you hate your protein powder, you'll probably hate your Creami. Your protein powder MATTERS. Find one you genuinely enjoy because it becomes the flavour foundation of your pint.
- ✔ Also – let's talk about the re-spin drama for a second. A crumbly first spin does NOT mean your Creami failed. I've had babes tell me they gave up after one spin because the texture was off.



Look for this stamp throughout the ebook for elite-level Creami upgrades.





thanks for being here, babe!

Seriously. Whether you're here for the macros, the toppings, the chaos, or the elite-level re-spin skills – I'm so happy this little Creami corner of the internet found you!



**READY FOR
CREAMI HEAVEN?**

your freezer just became the beach club.

dreamy

CREAM-SICKLE



Creamy. Citrusy. Sunshine in a pint.

- ✓ 255ml milk of choice
I used unsweetened almond milk
- ✓ 5g fat/sugar free chocolate instant pudding mix
- ✓ 30g chocolate protein powder
- ✓ 6g orange jello mix, sugar free - dissolved in
2 tbsp of boiling water



Add a twist

Why not make it mint chocolate? Just add ¼ tsp of peppermint extract!

macros per pint

30g protein
6g carbs
3.1g fat
0g sugar



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tangy

RASP- BERRY



Berry obsessed? Same.

- ✓ 255ml milk of choice
I used unsweetened almond milk
- ✓ 5g fat/sugar free vanilla instant pudding mix
- ✓ 5g raspberry jello mix, sugar free - dissolved
in 2 tbsp of boiling water
- ✓ 28g vanilla protein powder
- ✓ 55g of fresh or frozen raspberries



Top it Off

Top with white chocolate chips for extra creami chaos!

macros per pint

30g protein
13g carbs
3.5g fat
3g sugar



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zesty
LIME

Bright. Tangy. Elite-level summer energy.



- ✓ 255ml milk of choice
I used unsweetened almond milk
- ✓ 5g fat/sugar free vanilla instant pudding mix
- ✓ 6g lime jello mix, sugar free - dissolved in 2
tbsp of boiling water
- ✓ 28g vanilla protein powder
- ✓ ½ tbsp of lime juice



Top it Off

Drizzle with melted
chocolate or my fave,
Magic Shell Chocolate!

macros per pint

30g protein
6.3g carbs
3g fat
0g sugar



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refreshing



STRAW- BERRY



A spoonful of summer.

- ✓ 250ml milk of choice
I used unsweetened almond milk
- ✓ 5g fat/sugar free vanilla instant pudding mix
- ✓ 5g strawberry jello mix, sugar free - dissolved
in 2 tbsp of boiling water
- ✓ 28g vanilla protein powder



Elite Vibes?

Add Reece's Peanut
Butter Cups, duh!

macros per pint

28g protein
6g carbs
3g fat
0g sugar



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vibrant
LEMON



Sweet with just the right amount of sass.

- ✓ 255ml milk of choice
I used unsweetened almond milk
- ✓ 5g fat/sugar free vanilla instant pudding mix
- ✓ 6g lime jello mix, sugar free - dissolved in 2
tbsp of boiling water
- ✓ 28g vanilla protein powder
- ✓ ½ tbsp of lemon juice



Elevate it

Make it a Skor Bar
Creami & mix in Skor
Toffee Chipits!

macros per pint

30g protein
6g carbs
3g fat
0g sugar



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elite

CHERRY



Like your favourite cherry treat grew up and hit protein goals.

- ✓ 250ml milk of choice
I used unsweetened almond milk
- ✓ 6g fat/sugar free vanilla instant pudding mix
- ✓ 6g cherry jello mix, sugar free - dissolved in 2
tbsp of boiling water
- ✓ 30g vanilla protein powder



Elite Vibes?

Add Reece's Peanut Butter Cups, duh!

macros per pint

30g protein
15g carbs
5g fat
0g sugar



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DIRECTIONS

for the perfect pint



1 *Blend it up*

Dissolve the jello mix completely in 2 tbsp boiling water (5-8 minutes), then blend all ingredients until smooth. Pour into your Creami pint.

2 *Freeze Flat*

Freeze your pint completely flat for 24 hours. Freeze with the lid off to prevent peaks.

3 *Time to Spin*

Use the “Lite Ice Cream” setting.

4 *Check Texture*

If it's crumbly or too firm, add 1 tbsp of milk (or milk alternative) and hit “Re-Spin.”

5 *Add Mix-In's*

Make a small hole in the centre, add your favourite mix-ins, then run the “Mix-In” setting.

6 *Top it Off*

Drizzle. Sprinkle. Get chaotic 😜!



HEY BABE



more creami chaos awaits...

visit: www.therawhuman.com/creami



birthday cake

Because strong girls deserve sprinkles too!



iced coffee

Coffee shop vibes without the coffee shop macros!



orange julius

Your childhood fave just got a macro makeover!



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xoxo,
Sarah 



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