

# CARAMELIZED PINEAPPLE

**Proof pineapple  
belongs on dessert.**

*creami*

## FOR THE BASE

- ✓ 145ml milk of choice
- ✓ 125g 1% cottage cheese
- ✓ 8g fat/sugar free vanilla instant pudding mix
- ✓ 10g vanilla protein powder
- ✓ 1/2 tsp rum extract
- ✓ 1/2 tsp caramel extract



*macros per pint*

25g protein  
35g carbs  
3.5g fat

## FOR THE TOPPING

- ✓ 100g pineapple (fresh or frozen)
- ✓ 8g brown sugar



# DIRECTIONS

*for the perfect pint*



## 1 BLEND THE BASE

Blend the **base** ingredients until smooth, then 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 “Light Ice Cream” setting.

## 4 CHECK TEXTURE

If it's crumbly or too firm, add 1 -2 tbsp of milk (or milk alternative) and hit “Re-Spin.”

## 5 GET YOUR TOPPING READY

In a small pan, heat the pineapple and brown sugar until the pineapple softens and caramelizes.

## 6 TOP IT OFF

Allow the pineapple to cool slightly, then pour it over your Creami and get ready for absolute bliss!

# HEY BABE



*more creami chaos awaits...*

visit: [www.therawhuman.com/creami](http://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!