



nama®

Chill Out

with healthy,
homemade,
popsicles,
sorbets, and
smoothie bowls



Celebrate summer with refreshing, nutrient-packed frozen treats made from fresh, seasonal produce. Vibrant sorbets, creamy smoothie bowls and juicy popsicles not only satisfy sweet cravings but also deliver essential nutrients.

WHAT YOU WILL NEED

- ☐ Juicer
- ☐ Sorbet Attachment
- ☐ Blender
- ☐ Popsicle Mold
- ☐ Frozen Fruit*

*Freeze summer fruit at peak ripeness or use store-bought frozen fruit for a quicker option.



RASPBERRY
+ MANGO

Makes sweet and
tangy sorbet

WATERMELON
+ CUCUMBER

For a hydrating
juice pop

PERFECT Summer PAIRS

Homemade treats don't have to be complicated. Mix, match, and create any combination, or try one of these sweet summer pairings.

STRAWBERRY
+ BASIL

For that peak
berry taste

PINEAPPLE + LIME

Mix with coconut
for a kid-friendly
piña colada popsicle

CHOPPED NUTS

CHIA SEEDS

COCONUT FLAKES

GRANOLA

HEMP SEEDS

CACAO NIBS

CINNAMON

CITRUS ZEST

MINT

BASIL

LAVENDER

ROSEMARY

MELTED DARK CHOCOLATE

HEALTHY

Sorbet

TOPPINGS



The natural sugars found in fruit-forward homemade sorbets have a huge advantage. They come with fiber that helps slow digestion and prevents big spikes in blood sugar.



hawaiian sunset sorbet

INGREDIENTS

Makes: 2 cups

2 cups frozen papaya chunks

1 cup frozen mango chunks

1 cup frozen strawberries

1/2 cup toasted macadamia nuts

DIRECTIONS

01. Switch out your J2 juice strainer for your Sorbet Attachment, then reassemble the juicer.
02. Close the lid, then turn the juicer on, and load ingredients through the top hole of the juicer. Be sure to load one ingredient at a time for best results.
Note: The sorbet will dispense into the pulp collector.
03. When all ingredients have been added, mix the sorbet with a wooden spoon to combine the flavors. Serve immediately.

THE PERFECT SCOOP: Remove fruit from freezer 5 minutes before making the sorbet. Once made, stir sorbet into a loaf pan, smooth into layer and let freeze for at least 30 minutes for the most scoopable sorbet.

CHERRY CACAO BLISS SORBET

INGREDIENTS

Makes: 2 cups

3 cups frozen sweet
dark cherries

1 cup frozen sour cherries

1/4 cup raw cacao nibs

DIRECTIONS

01. Switch out your J2 juice strainer for your Sorbet Attachment, then reassemble the juicer.
02. Close the lid, then turn the juicer on, and load ingredients through the top hole of the juicer. Be sure to load one ingredient at a time for best results.
Note: The sorbet will dispense into the pulp collector.
03. When all ingredients have been added, mix the sorbet with a wooden spoon to combine the flavors. Serve immediately.



creamy banana rhubarb sorbet

INGREDIENTS

Makes: 2 cups

2 cups chopped rhubarb stalks

1 orange, zest and juice

2 cups frozen bananas

1-inch piece ginger, optional

Honey or maple syrup, optional

DIRECTIONS

01. Cook the chopped rhubarb, orange zest, and juice over low-medium heat for about 5 minutes Peel the ginger and finely grate into the rhubarb. **Notes:** Sweeten cooked rhubarb with honey or maple syrup to taste before freezing (optional).
02. Allow it to cool, then transfer the mixture to a silicone ice cube tray. Freeze overnight.
03. Switch out your J2 juice strainer for your Sorbet Attachment, then reassemble the juicer.
04. Close the lid, then turn the juicer on, and load ingredients through the top hole of the juicer. Be sure to load one ingredient at a time for best results. **Note:** The sorbet will dispense into the pulp collector.
05. When all ingredients have been added, mix the sorbet with a wooden spoon to combine the flavors. Serve immediately.



melon mint sorbet

INGREDIENTS

Makes: 2 cups

**1/2 honeydew melon,
chopped and frozen**

1/2 cup mint

Honey, optional

DIRECTIONS

01. Peel melon. Remove seeds and cut into chunks. Freeze overnight.
02. Switch out your J2 juice strainer for your Sorbet Attachment, then reassemble the juicer. Close the lid, then turn the juicer on, and load ingredients through the top hole of the juicer. Be sure to load one ingredient at a time for best results.
Note: The sorbet will dispense into the pulp collector.
03. When all ingredients have been added, mix the sorbet with a wooden spoon to combine the flavors. Top with honey, if desired. Serve immediately.



BLUEBERRY LAVENDER YOGURT SORBET

INGREDIENTS

Makes: 2 cups

1 ½ cups coconut yogurt

1 tablespoon culinary lavender

2 ½ cups frozen blueberries

DIRECTIONS

01. In a medium container with a lid, combine the yogurt and lavender. Refrigerate overnight to let the lavender flavor infuse into the yogurt.
02. After 24 hours, strain the yogurt through a fine mesh strainer, using a silicone spatula to push it through. Transfer the strained yogurt to an ice cube tray and freeze overnight.
03. Once frozen, attach the Nama Sorbet Attachment maker to your juicer, replacing the J2 juice strainer. Reassemble the juicer. Turn the juicer on and begin adding the frozen ingredients one at a time—start with the frozen blueberries, followed by the frozen lavender-infused yogurt cubes. The sorbet will collect in the pulp container.
04. Once everything has been processed, stir the sorbet with a wooden spoon to fully combine. Serve immediately and enjoy!



green goddess smoothie bowl

INGREDIENTS

Makes: 2 servings

**3/4 cup macadamia milk
(or any milk of choice)**

2 cups frozen banana chunks

1 cup frozen mango chunks

1/2 avocado

2 cups baby spinach leaves

1/2 cup fresh mint leaves

2 teaspoons matcha powder

DIRECTIONS

01. Add all ingredients to the jug of a high-speed blender. Blend until smooth and creamy.
02. Divide the smoothie mixture evenly between 2 bowls. Top with granola, hemp seeds, fresh berries, and cacao nibs.





JUICE

popsicles

Turn delicious summer juices
into a perfect frozen treat.

cucumber mint + lime popsicle

INGREDIENTS

Makes: 4-6 popsicles

2 medium cucumbers

1/2 cup mint leaves

1 cup green grapes

1/2 lime, peeled



DIRECTIONS

01. Wash all produce well.
02. Cut the cucumber and lime into appropriate sizes for juicer. Juice the ingredients in the order listed.
03. Pour the juice into popsicle molds, filling them about 3/4 of the way.
04. Freeze for about 30 minutes, then insert popsicle sticks.
05. Continue freezing for about 6 hours (or overnight) until the popsicles are completely frozen. Remove from molds and enjoy!



tropical glow

INGREDIENTS

Makes: 4-6 popsicles

1 small carrot

1 orange

**2 cups pineapple
chunks**

1 passionfruit

DIRECTIONS

01. Wash the carrot. Peel the orange. Juice all the ingredients except for the passionfruit. .
02. Stir in passionfruit pulp.
03. Pour the juice into popsicle molds, filling them about 3/4 of the way.
04. Freeze for about 30 minutes, then insert popsicle sticks
05. Continue freezing for about 6 hours (or overnight) until the popsicles are completely frozen. Remove from molds and enjoy!

watermelon strawberry

INGREDIENTS

Makes: 4-6 popsicles

1 cup strawberries

1 small apple

1/2 lime

2 cups watermelon chunks

DIRECTIONS

01. Wash the strawberries and apple. Peel lime. Juice all the ingredients.
02. Pour the juice into popsicle molds, filling them about 3/4 of the way.
03. Freeze for about 30 minutes, then insert popsicle sticks
04. Continue freezing for about 6 hours (or overnight) until the popsicles are completely frozen. Remove from molds and enjoy!

golden pineapple pop

INGREDIENTS

Makes: 4-6 popsicles

1 lime

2-inch piece turmeric

1/2 cup basil leaves

3 cups pineapple chunks

DIRECTIONS

01. Peel the lime and turmeric.
02. Cut the lime and turmeric into appropriate sizes for juicer. Juice the ingredients in the order listed.
03. Pour the juice into popsicle molds, filling them about 3/4 of the way.
04. Freeze for about 30 minutes, then insert popsicle sticks.
05. Continue freezing for about 6 hours (or overnight) until the popsicles are completely frozen. Remove from molds and enjoy!





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