

Fruit Ice Cream

Nut free
Vegetarian



Serves

4

Cooking time

20

Fruit per serve



2



TIP

For a tropical twist, try frozen pineapple.



Ingredients

- 3 bananas
- 1½ cups frozen berries or mango
- ½ cup Greek yoghurt
- 2 teaspoons honey or maple syrup (optional)
- 4 ice cream cones

Equipment

- Knife
- Chopping board
- Large bowl
- Measuring cups
- Measuring spoons
- Stick blender or blender
- Spoon



Tasty learning for life



How to make it



1. Peel and chop bananas and put into freezer overnight.



2. Take frozen fruit out of the freezer and let soften for 10 minutes.



3. In a large bowl, add frozen bananas, $\frac{1}{2}$ cups frozen fruit, $\frac{1}{2}$ cup yoghurt and 2 teaspoons honey or maple syrup (optional).



4. Using a stick blender or blender, blend ingredients until smooth. If mixture is too soft, put into freezer until set. Do not let it freeze solid.



5. Serve immediately in a cone or bowl.



nom!

