

Fruit Ice Cream

Ingredients

250g of fresh soft fruit, eg. strawberries, raspberries, blueberries, blackberries

4 teaspoons of Spenda

300ml Natural yogurt

1. Puree soft fruit
2. Mix Spenda and natural yogurt with the fruit
3. Put in ice cream maker for about 20 minutes
4. Take out and put into individual containers and then freeze.
5. If ice cream used after about 1 – 2 hours after putting it in the freezer it will still be soft. If frozen for longer it is advisable to take ice cream about ½ hours before using.