



Instant pineapple ice cream

Ingredients (serves 2)

- 250 g canned pineapple
- 1 plain Greek yoghurt (individual-sized container)
- 50 g low-salt cream cheese
- Cinnamon

Method

1. Drain the pineapple well, dice into approximately 2-cm cubes and spread cubes out in a wide container and place in freezer.
2. Once frozen, remove from the freezer and place pineapple in a container suitable for blending. Wait a few minutes until the pineapple is not so cold and then add the yoghurt and cream cheese.
3. Make quick, short strokes with an immersion blender. If blended continuously the mixture can over-heat and melt. The resulting consistency should be like ice cream.
4. Place the ice cream in a glass or bowl, sprinkle with cinnamon and serve immediately.

Recommendations

Different fruit can be used, according to personal preference and season, keeping in mind that it should not have pulp or be excessively watery: because then resulting product would not have the consistency of ice cream. It is important to consume the ice cream immediately. If that is not possible, place ice cream in the freezer for a maximum of one hour.