



Instant very berry ice cream

Ingredients (serves 2)

250 g seasonal ripe mixed berries
(strawberries, cherries, raspberries...)

1 cup cold plain yogurt (lactose-free in case of intolerance)

25 g cold whole milk (lactose-free in case of intolerance)

Method

1. Peel the fruit and remove the seeds if needed.
2. Dice the fruit into 3/4 inch squares, lay them out on a flat tray and freeze.
3. When the fruit is almost completely frozen, put into a container suitable for blending and add the yogurt and milk.
4. Blend using fast and short pulses until creamy. If blended excessively and for too long, the mixture could heat up and melt.
5. Serve in a dessert cup and eat immediately.

Recommendations

Eat right away or keep in the freezer for an hour for best consistency.
It's important to use whole fruits, not just berry's juice, as the resulting ice cream would have no consistency.
Use fruits according to your preference and/or seasonality (pear, apple, peach, banana...).