

Tropical Ice Cream

Ingredients:

1. 4x Banana's
2. 3 x Mango's
3. 1 x Pineapple
4. ½ cup coconut milk / 3 Tbsp fresh cream

Equipment required:

1. Green Star (GS) twin gear juicer or similar that can also perform food processing. Insert the solid blank with the bread stick nozzle.

Preparation:

1. Peel all the fruits
2. De-pip the mango's
3. Slice the fruits in smaller lengthy pieces in order to be able to feed through the GS shoot.
4. Mix all the fruits.
5. Place the fruit layer for layer in a holder to be placed in the deepfreeze. Insert wax paper between every layer to ensure the fruit layers do not stick.
6. Deep freeze the fruit mix until it is rigid.
7. Feed the mix in the Green Star that is prepared to make bread sticks.
8. The soft serve frozen fruit ice-cream will come out like a bread stick and it can be enjoyed immediately.

Variation:

This delicious sorbet could be served with a tsp of raw cream per serving or the cream or coconut milk could be mixed and frozen before it is fed into the food processor.

Serves 5 people

Enjoy it &



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