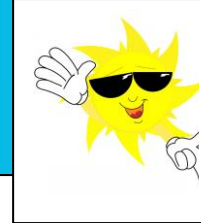




Friday, 26th June
Homemade ice-cream! 😊



Another boiling day so what better way to cool down than by making homemade ice-cream or frozen yoghurts! Kids will love making these.....and eating them!

Ice-cream is very simple. 😊

All you need to do is whisk together

600ml of double cream

a 400g can of condensed milk and 1 tspn of vanilla extract

Whisk until it is quite stiff. Put in a container and freeze! Then enjoy!

Add frozen blueberries or raspberries for different flavours.

Frozen yoghurt use berries or bananas for delicious frozen yoghurt

Frozen berry yoghurt

This is lovely as it's instant! no freezing involved!

In a blender mix 250g of your chosen frozen berries (or mixed berries); 250g of Greek yoghurt and 1 tablespoon of honey for about 30 seconds. Serve in bowls and eat to cool down!

inSpire

Banana Yoghurt

A great recipe because it uses up any over ripe bananas!

Take:

4 over- ripe bananas (the more over- ripe the better!) about 400g when peeled

500g of Greek yoghurt

175g condensed milk

Blend the ingredients together and put into a container to freeze.

Serve and top with your favourite sprinkles.