

berry & cookie ice-cream

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Ingredients:

- 1 litre good quality vanilla ice-cream
- 125g butternut snap or plain sweet cookies
- 150g raspberries, roughly chopped
- 300g blackberries, roughly chopped
- 250g strawberries, hulled, finely chopped

Health benefits of raspberries:

- An excellent source of dietary fibre, which is concentrated in the tiny seeds in each segment of the berries.
- An excellent source of vitamin C – one of the vitamins that helps protect us against infections.
- A source of folate, one of the B complex vitamins that is important for heart health and especially important during the early stages of pregnancy.

Method:

1. Spoon ice-cream into a large bowl. Leave at room temperature until just softened (do not allow to melt).
2. Meanwhile, place biscuits into a plastic bag. Using a meat mallet or rolling pin, crush biscuits until resembling large crumbs.
3. Using a large metal spoon, fold cookies, raspberries, blackberries, and strawberries through ice-cream until just combined.
4. Spoon ice-cream mixture into a 2-litre airtight container. Freeze for 5 hours or until firm. Spoon scoops of ice-cream into serving glasses and serve immediately.

Serves: 8

Preparation: 20 minutes
(+ softening and freezing time for ice-cream)