

## Berry & cookie ice-cream



## Berry & cookie ice-cream

Preparation 20 mins + softening and freezing time for ice-cream | Serves 8

- 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 and finely chopped

**STEP 1** Spoon ice-cream into a large bowl. Leave at room temperature until just softened (do not allow to melt).

**STEP 2** Meanwhile, place biscuits into a plastic bag. Using a meat mallet or rolling pin, crush biscuits until resembling large crumbs.

**STEP 3** Using a large metal spoon, fold cookies, raspberries, blackberries, and strawberries through ice-cream until just combined.

**STEP 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.

### Good for you... **RASPBERRIES**

*A very good source of dietary fibre which helps keep the intestine functioning normally. A source of folate, a B vitamin needed for normal blood formation.*

*A very good source of vitamin C which contributes to the normal functioning of the body's immune system. Provide some folate (important for heart health) and small quantities of vitamin E which is important for keeping red blood cells healthy.*

