



Ingredients 6 Portions

🖊 = Kotányi Produkte

4 piece Bananas

2 piece Mangoes

2 Cups of strawberries

200 ml Coconut milk

100 ml Buttermilk

3 tbsp. Honey

Whole

1 tsp. / Thyme, Crushed

Homemade Spiced Fruit Ice Cream

Ō 45-60 Min ワワワ

Preparation

- 1 Wash and/or peel the fruit, cut up into small pieces and freeze for 2–3 hours or overnight.
- 2 Cut the vanilla pod in half lengthways and scrape out the pulp. Then blend with the frozen banana and a tbsp. of honey in a food processor. Pour into a small tin and freeze for 1 hour for a firmer consistency.
- 3 Break open the cardamom pods and crush the seeds using a pestle and mortar. Blend the cardamom with the frozen mango pieces, half a can of coconut milk and one tbsp. of honey in a food processor. Pour into a small tin and freeze for one hour.
- 4 Blend the thyme with the frozen strawberries, 100 ml of buttermilk and one tbsp. of honey in a food processor. Pour into a small tin and freeze for one hour as this will achieve a firmer consistency.

