

Homemade Spiced Fruit Ice Cream

45–60 Min

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.

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
1 piece	Bourbon Vanilla Pods, Whole
1 tbsp.	Cardamom, Whole
1 tsp.	Thyme, Crushed