



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

