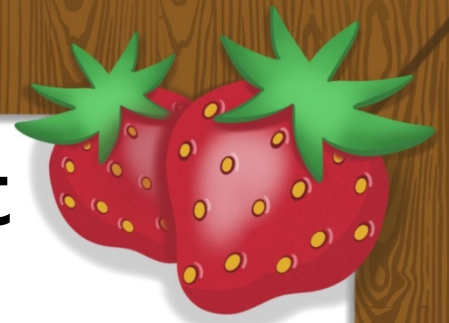


Flavour Fest

ICE CREAM RECIPE SHEETS



With the weather forecast looking good for a while longer and the sunshine hopefully here to stay, you may wish to help your kids try these different icy treats, guaranteed to cool them down.

1 INGREDIENT BANANA ICECREAM

This is a fun, simple recipe for ice-cream, but kids please ask your parents to help you with chopping the banana and also using a food-processor or blender.

INGREDIENTS:

- 1 large ripe banana (sweet and soft)

EQUIPMENT:

- Knife
- Cutting board
- Airtight, freezer-safe container
- Small food processor or blender
- Spatula



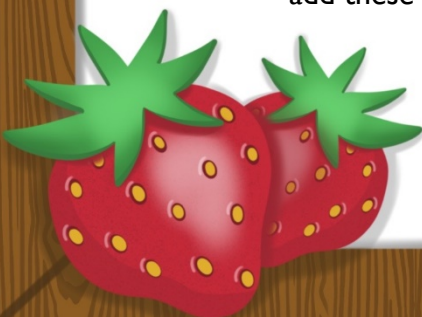
METHOD:

1. Peel the banana and carefully chop into small evenly sized pieces.
2. Put the banana pieces in a freezer-safe airtight container or freezer bag and freeze for at least 2 hours until they are solid (ideally overnight).
3. Transfer the frozen banana pieces into a small food processor or high-speed blender and pulse to break them up – ask an adult to help you with this bit.
4. At first the banana pieces will look crumbled or smashed, scrape down the food processor and keep blending until the banana looks gooey. Scrape down the food processor and keep blending, the mixture will now look smoother but still have chunks of banana in it. Scrape down the food processor again.
5. Suddenly, as the last bits of banana smooth out, you'll see the mixture change from blended banana to the texture of creamy, soft-serve ice cream. Blend for a few more seconds.
6. Transfer to an airtight container and freeze until the mixture is solid or alternatively you can eat it straightaway but it will have a soft consistency.

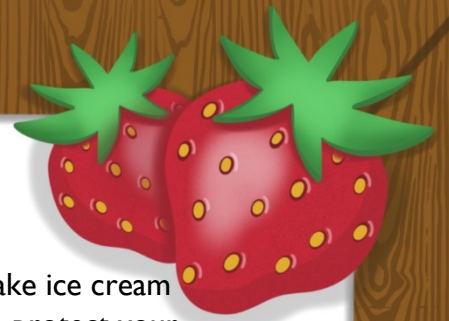
MIX IT UP:

Here are a few favourite mix-ins to make the ice-cream taste even more fabulous, add these at the end of Step 5 when you have finished blending.

- Drizzle of honey
- Handful of chocolate chips
- 2 Tablespoons of cocoa powder
- A sprinkle of your favourite sweets
- Some small marshmallows



ICE CREAM IN A BAG



If you don't have a food processor and you would like to make ice cream then try this recipe. But please make sure you have gloves to protect your hands as it gets very cold!

INGREDIENTS:

- 300ml semi-skimmed milk
- 1 tablespoon caster sugar
- ¼ teaspoon vanilla extract
- 1kg ice cubes
- 6 tablespoons rock salt

EQUIPMENT:

- 2 medium freezer bags with a zip to fasten
- 1 large freezer bag with a zip fastener
- Sticky tape
- A pair of gloves

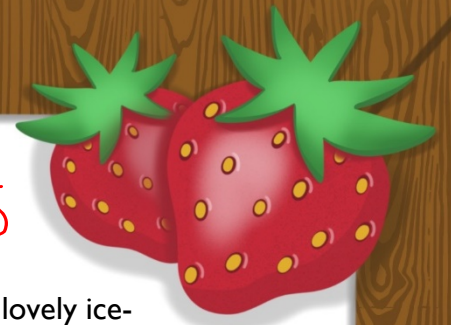


METHOD:

1. Put one medium bag inside the other so they are doubled up. Put the milk, sugar and vanilla into the inside bag. Close, zip up the bags and stick together with sticky tape as well. Tip the ice and salt into the large bag, then place the smaller bags inside the larger one and zip up, sticking together with more sticky tape.
2. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm as the salt makes the ice even colder than normal! You will need to keep the bags moving for 10-15 minutes to freeze the milk.
3. When the mixture is frozen, remove the bag with the ice cream in, open it up and scoop into bowls.
4. Add whatever topping you like. You could sprinkle with hundreds & thousands, chocolate chips or marshmallows or squeeze some chocolate/strawberry or caramel sauce over the top.
5. If you would like a healthy version, just add some chopped banana or strawberries to your bowl.
6. Enjoy!!



QUICK ICE CREAM SANDWICHES



Using ready-made ice cream, you can easily create these lovely ice-cream sandwiches. Be as imaginative as you like, the more interesting the flavour of the ice-cream and the toppings the better.

INGREDIENTS:

- 1 tub ice-cream (any flavour)
- A packet of chocolate digestive biscuits/cookies
- Hundreds and thousands
- Chocolate chips
- Crushed biscuits

EQUIPMENT:

- Plates
- Baking tray
- Ice-cream scoop



METHOD:

1. Take a scoop of ice-cream and place on top of a chocolate digestive biscuit or cookie. Take another biscuit and press down firmly on top.
2. Place your favourite toppings – hundreds and thousands, chocolate chips or crushed biscuits on different plates and roll your ice-cream sandwich in them so that the sides of the ice-cream are nicely covered.
3. Put your sandwiches on a baking tray and place in the freezer to get firm as they will probably have gone a bit soft by now.
4. Eat with both hands and make sure you have a wet wipe handy as these will be messy!



GUMMY BEAR ICE LOLLIES



These simple ice-llolies are sure to bring a smile to your children's faces. You can easily substitute the sugar-free lemonade with other fizzy sugar-free drinks. Try sugar-free cola with fizzy cola bottle sweets!

INGREDIENTS:

- 1 bag of gummy bears
- 1 bottle of sugar-free lemonade

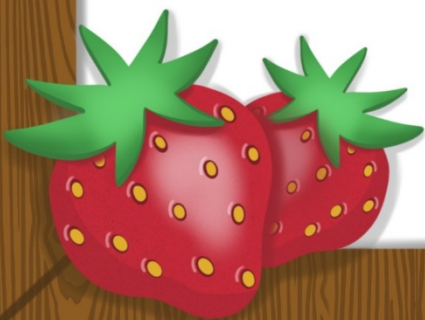
EQUIPMENT:

- Ice Lolly Moulds
- Jug



METHOD:

1. Divide your gummy bears up into colours.
2. Pour the lemonade into a jug.
3. Place 6 to 8 of the bears in each ice lolly mould and pour the lemonade on top to cover them.
4. Freeze overnight.
5. Remove the moulds from the freezer and quickly dip them into a bowl of hot water (ask an adult to help you with this bit), then gently pull the lollies out of the moulds and eat straight away.



STRAWBERRY AND WHITE CHOC LOLLY



These ice lollies take a little more time to make but are a good choice if you are trying to encourage your little ones to have one of their five a day. For a healthier version, just leave out the white chocolate topping and cake decorations at the end. This recipe works just as well with raspberries.

INGREDIENTS:

- 150g Strawberries, washed and leaves removed
- 90g Caster Sugar
- 1tsp Vanilla extract
- 500g tub low-fat natural yogurt
- 100g white chocolate
- 60g cake decorations such as sugar strands or hundreds and thousands

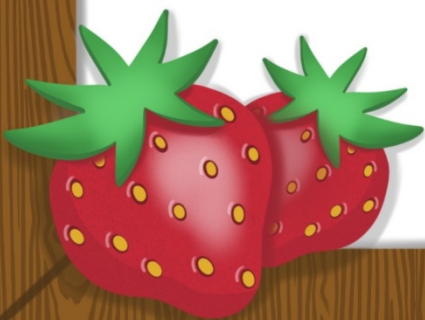


EQUIPMENT:

- 3 bowls
- 6 to 8 ice lolly moulds

METHOD:

1. Put the strawberries, vanilla and caster sugar in a bowl and crush the strawberries with a large wooden spoon until they are broken into large pieces and the sugar has dissolved.
2. Stir in the yogurt and when it's all mixed together, pour it into the ice lolly moulds and place them in the freezer overnight.
3. The next day, carefully remove the lollies from the moulds by briefly dipping them in a bowl of hot water (ask an adult for help with this).
4. Break up the white chocolate into squares and place in a bowl. Ask an adult to help you put this in the microwave for a few seconds to melt the chocolate and then stir it well.
5. Dip the ends of the lollies in the melted chocolate and then dip the chocolate ends into a bowl containing your sugar strands or other decorations to cover the chocolate.
6. You will need to put the lollies back in the freezer for a few minutes to make sure the chocolate is set, but if you can't wait that long then eat them straightaway!



BANANAS IN PYJAMAS



This fun, delicious recipe is so easy and the dark chocolate can easily be swapped for white or milk chocolate depending on what your favourite is. You may also wish to swap the sweet decorations with chopped nuts or desiccated coconut for a more adult version.

INGREDIENTS:

- 4 large bananas, peeled and cut in half
- 2 x 400 g bars of dark chocolate
- Sprinkles
- Chocolate chips
- Coloured sugar

EQUIPMENT:

- Baking tray
- Baking paper
- Pop Sticks
- Glass Bowl
- Plates



METHOD:

1. Carefully cut out some baking paper so that it is the size of your baking tray and lay it flat on top.
2. Take the banana halves and carefully push a pop stick into the thickest end (the cut end) of the banana halves.
3. Lay the bananas on their sides on the tray and freeze for 2 hours or overnight if you can.
4. Break the chocolate into squares and melt in a glass bowl in the microwave for a few seconds at a time (ask an adult to help you with this), giving it a good stir in-between. Keep going until all the chocolate is melted.
5. Empty your banana toppings onto separate plates
6. Remove the bananas from the freezer and dip the ends into the melted chocolate.
7. Roll in your chosen topping and then place the banana back on the tray.
8. Once you have coated all your bananas, put the baking tray back in the freezer until the chocolate has gone hard and then they are ready to be eaten.

