

Raspberry Ripple Ice-Cream (Serves 4)

Ingredients

250ml skimmed milk

1 tablespoon corn flour

3 teaspoons vanilla essence

150g sugar

3 cans chilled light condensed milk (0.2g fat/100g – check fat content on label)

250g 0% fat free fromage frais

150g fresh, frozen or tinned raspberries, squashed lightly with a fork

250g virtual fat free quark

Suitable fruit syrup for ice-cream

Method

1. Make a custard base with skimmed milk, corn flour, vanilla essence and sugar.
2. Stir together and heat until thickened in a saucepan or microwave.
3. Cover with greaseproof paper and leave to cool.
4. Whisk the condensed milk until foamy.
5. Add cooled custard, fromage frais and quark and whisk to combine.
6. Pour into a freezable container and freeze for 2 hours.
7. After 2 hours, stir the ice-cream to break up the ice crystals.
8. Gently stir in a swirl of squashed raspberries, following the same trace with the ice-cream syrup.
9. Return to freezer until required.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics