

Ice Cream Sundae

Ingredients

1 sachet Loprofin Dessert Mix

350ml low protein milk

75g mixed fresh berries, e.g. raspberries, blueberries, blackberries

3 Strawberries, diced in halves or quarters

1 tablespoon crème de cassis (*optional due to alcohol content)

1 tablespoon blackcurrant juice

1 tablespoon lemon juice

1 tablespoon sugar

Loprofin Vanilla Wafers

Method

1. Pour the Loprofin Dessert Mix sachet into a mixing bowl and add 350ml low protein milk.
2. Whisk for minimum of 6 minutes with an electric whisk.
3. Pour the mixture into a suitable dish for freezing and place in the freezer - stir every 30 minutes for the first 2 hours and then leave overnight.
4. Serve with fresh/tinned or defrosted fruit from frozen.
5. To make the sundae, crush 75g berries in a bowl with a fork.
6. Add the *crème de cassis, blackcurrant juice, lemon juice and sugar to a pan, stirring over a low heat until the sugar has dissolved.
7. Add the crushed berries and stir gently to coat.
8. Add 1 scoop of Loprofin ice cream into a separate bowl and top with a spoonful of the berry mixture - repeat twice.
9. Decorate with Loprofin Wafers and the chopped strawberries.

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