

Fresh for Kids®

Strawberry swirl ice-cream with peach & mango



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Preparation: about 20 minutes
(+ chilling time)

Serves: 4

Serve any leftover ice-cream with fresh fruits.

1 litre reduced-fat vanilla ice-cream
250g strawberries, hulled
2 tbs icing sugar
1 ripe mango
2 ripe peaches

To make strawberry swirl ice-cream:

1. Remove ice-cream from freezer, place in a large bowl and leave at room temperature to slightly defrost.
2. Meanwhile, place strawberries and icing sugar in a food processor and blend until smooth. Swirl strawberry mixture through ice-cream. Place in an airtight container and freeze for 3–4 hours until firm.

To serve:

1. Cut cheeks from mango, peel and cut into cubes. Halve, deseed and chop peaches. Layer fruit in serving glasses with scoops of strawberry swirl ice-cream.

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Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is highest in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

For fresh fruit and vegetable recipes visit
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