

Protein-packed Berry Ice Cream

Raspberries, blueberries, strawberries and cherries all make delicious ice cream. The deep red, purple and blue pigments of berries are often associated with increased levels of antioxidants and the promise of healthy ageing.

300 g fresh or frozen berries
2 cups (500 g) double cream
plain yoghurt
½ cup coconut cream
2 scoops (4 Tbsp) vanilla whey
protein powder

MAKES ± 1.5 LITRES
OR 12 LOLLIES

- 1 Combine all the ingredients in a blender or food processor and pulse until smooth. (If you prefer some texture, roughly chop half the berries and stir them in after you have processed the rest of the ingredients.)
- 2 Scoop the mixture into a metal loaf pan or 12 lolly moulds and freeze for 2–3 hours, until set. (If using a loaf pan, remove it from the freezer every 40 minutes and use a fork to stir the mixture to prevent ice crystals from forming.) If using an ice cream maker, follow the instructions. (You may need to freeze the bowl for 24 hours beforehand.)

