

Frozen Fruit Ice Cream

Frozen fruit, you can freeze the different types of fruit separately or mixed together
Seeds of 1 pod vanilla (optional)

Fruits that freeze well

Banana
Mango
Raspberries
Blueberries
Passion fruit
Papaya
Strawberries
Custard Apple
Ripe Jackfruit
Blackberries
Black Sapote

Method

1. If using a cold pressed juicer. Use the ice cream and nut butter attachment with the nozzle that has the largest hole. Pass the frozen fruit through the juice and catch it in a serving bowl. Then serve.
2. If using a blender add the fruit to the jug and blend until the fruit has softened. You can eat it like this or if it has gone too soft put it in the freezer for 10 minutes to firm up a little.

Note: To make the ice cream less healthy you can add grated vegan chocolate or melt some chocolate and swirl onto the ice cream.

Darwin 'Octopus' Frozen fruit drink

1. (Use any frozen fruit and be sure to include passion fruit and a tart fruit like raspberries)
Juice of 1 to 2 oranges.
2. Use either a cold press juicer or blender and make the fruit ice cream. Place in a glass and top up with freshly made orange juice.



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