



Light ice cream with 3 ingredients

15'

Hands on

8 hours'

Hands off

12

Portion(s)

1

Difficulty



Method

- Peel the bananas and **cut** them into 1 cm thick slices. Place them in a **bowl** and place bowl in the freezer.
- Remove stem from strawberries and cut them in half. Place them in a bowl and place bowl in the freezer.
- Leave both bowls in the freezer for at least 4 hours until the fruits are frozen.
- Remove fruits from freezer and beat in the food processor with the cream cheese until you have a creamy mixture that has an ice cream texture.
- Transfer to a bowl, cover and place in the freezer for 4 hours until the mixture is thick.
- Serve with fresh strawberries cut in 4.

Ingredients

- 4 bananas
- 200 g strawberries
- 50 g cream cheese, low on fats
- 50 g strawberries, for serving

Διατροφικός πίνακας

Nutrition information per portion

43 Calories (kcal)	0.5 Total Fat (g)	0.2 Saturated Fat (g)	8.1 Total Carbs (g)
2%	1%	1%	3%
7.4 Sugars (g)	1.0 Protein (g)	1.3 Fibre (g)	0.04 Sodium (g)
8%	2%	5%	1%