



Fried ice cream

20'
Hands on

5 hours'
Hands off

1'
Cook Time

6-8
Portion(s)

2
Difficulty



Ingredients

- 500 g ice cream, vanilla
- 200 g whole-grain cereals
- 150 g ground coconut
- 1 pinch salt
- 1 teaspoon(s) [vanilla extract](#)
- 3 eggs, medium
- 70 g coconut milk
- 600 ml sunflower oil, for the frying

To serve

- 100 g chocolate couverture, melted
- strawberries
- blueberries
- mint leaves

Διατροφικός πίνακας

Nutrition information per portion

513 Calories (kcal)	31.0 Total Fat (g)	19.0 Saturated Fat (g)	45.0 Total Carbs (g)
26%	44%	95%	17%
22.0 Sugars (g)	11.0 Protein (g)	7.3 Fibre (g)	0.84 Sodium (g)
24%	22%	29%	14%

Method

- Freeze a [baking pan](#) lined with parchment paper to chill well.
- With an ice cream scoop, divide the ice cream into 6 scoops and place them into the frozen baking pan. Transfer into the freezer for 2 hours.
- In a small bowl add the eggs, the coconut milk, the vanilla and whisk.
- In a large bowl, add the cereals and crumble them well with your hands. Add the ground coconut, salt and mix with a spoon.
- Add one ice cream scoop into the bowl with the dry marinade and cover its whole surface. Place it into the egg mixture and then again into the dry marinade. Follow the same process for all the ice cream scoops, place them onto a baking pan and freeze them for 2-3 hours.
- Place a [deep frying pan](#) with the sunflower oil over high heat.
- Fry the ice cream 2 scoops at a time, for 20-30 seconds. Remove with a slotted spoon and place onto kitchen paper towel.
- Serve with melted chocolate couverture, strawberries, blueberries, icing sugar, and mint leaves.