

Strawberry Ice Cream

Ingredients:

- 150ml (1/4 pint) double cream
- 1 bottle Resource® Energy – Strawberry-Raspberry flavour
- 250g (8oz) fresh Strawberries, hulled or 1 x 410g tin Strawberries, strained
- 4-5 tablespoons icing sugar to taste



1-2 SERVINGS

Method:

- Whip the double cream. Gradually whisk in the Resource® Energy and continue to whisk for a further minute.
- Puree the strawberries in a liquidiser or food processor and fold into the cream mixture. Sweeten to taste by folding in icing sugar.
- Pour into a plastic container and chill until set. Leave to stand at room temperature for 10-20 minutes before serving.

Alternative suggestion:

Resource® Protein Forest Fruits or Strawberry or Resource® 2.0 Fibre Summer Fruits can be substituted for Resource® Energy in this recipe.