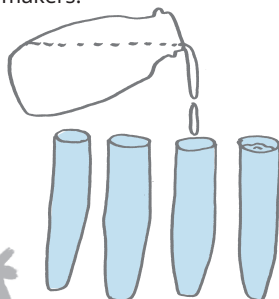


1 Smoothie MUNSBIT

Carefully pour MUNSBIT smoothie into ice lolly makers.

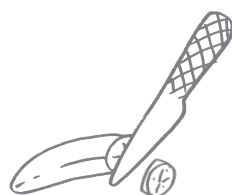


Let it freeze overnight. And the next day you can already enjoy your ice cream.

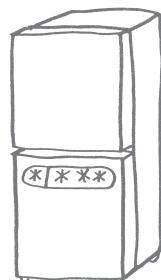
2 2 bananas A handful of blackberries Honey



Cut bananas into pieces and mash them with blackberries using a fork into a smooth puree. You can add a bit of honey and mix it well.



Then put the mixture into an ice lolly maker using a spoon.



Let it freeze overnight. Pour some lukewarm water over the ice lolly makers, so that you can take out the ice lollies easier.

Preparing with Elk THREE YUMMY TYPES OF ICE CREAM



You may need:

UTSPÄDD ice lolly maker



IKEA 365+ food container with lid



CHOSIGT ice lolly scooper



CHOSIGT ice lolly maker

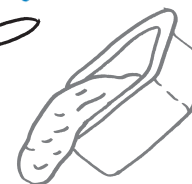


3

Quark A handful of blueberries CHOKLAD chocolate



A spoonful of sugar



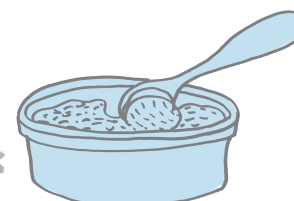
Mash blueberries and a spoon of sugar into a smooth mixture with a fork, then add quark and mix well.



Put it into a plastic container and sprinkle the top of the mixture with grated cool chocolate, close it with a lid and place into your freezer for four hours.



Adjust the amount of ingredients according to your taste, use any seasonal fruits. The quark can be replaced by yoghurt, the smoothie by 100% juice. Enjoy your ice cream!



Then you can scoop the ice cream and serve it with fresh blueberries or sliced almonds, eventually also with some cream.

