

Recipe - Blackberry Frozen Yogurt

Frozen Yogurt



Ingredients

Blackberries 7-8 nos

Ripe Banana 1 large

Sugar 3 tbsp

Thick Curd 2 cups

Milk 1 tbsp

Method

- Wash and cut the blackberries and deep freeze for an hour.
- deep freeze for an hour.
- to a smooth paste.
- Add thick curd and blend well.
- Pour in to an airtight jar and deep freeze for 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping.
- garnish with banana and berries.
- Serve chill.

Tips

You may choose your choice of fruits or berries, like strawberry, blueberry, mango, kiwi, banana etc.

Adjust sugar as per your taste.

Recipe- IceCream Fry Eggless

IceCream Fry

Eggless and gelatin free)



Ingredients

Eggfree and gelatin free)

Corn Flakes 1 cup

Oil to deep fry

Method

- Deep freeze ice cream scoops for half an hour.
- Meanwhile roughly crush corn flakes in a wide bowl (Fig1).
- Now after half an hour roll ice cream scoops one by one in crushed corn flakes (Fig 2).
- And deep freeze again for an hour.
- After an hour take it out and give a ball like shape by pressing gently in between your palms.
- Deep freeze again for half an hour.
- Roll again in roughly crushed corn flakes (Fig 3) and deep freeze for another 1 hour.
- Now crush the corn flakes finely (Fig 4) and roll the balls again (Fig 5) and deep freeze for at least 1 hour (Fig 6).
- Now when you want to serve, heat the sunflower oil on high and fry for 8-9 seconds (Fig 7).
- Serve immediately.



Tips

Do not fry for more than 10 seconds, it may melt inside the oil. If it starts melting inside oil, switch off the flame and remove from gas. And be careful oil might spit on you.

You may keep it ready in your deep freezer and use as a quick dessert anytime.

“Be Vegetarian be Happy”