

# 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.
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- 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.

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# Recipe - Creamy Mango Pistachio Ice cream

**Creamy Mango Pistachio Ice cream**  
**(Eggless also Gelatin free)**

## **Ingredients**

Milk 1 liter

Sliced Pistachio 1 tbsp

Saffron 1 pinch

Green Cardamom Powder 1 tsp

Fresh Mango pulp 1 bowl

Fresh Mango chopped 2 tbsp

Whip Cream 1 bowl

Sugar 3 tbsp

## **Method**

- Take milk in a heavy bottom or non stick pan.
- Let it boil on high flame.
- Once milk starts boiling turn the flame to low.
- Partially cover the pan and keep stirring at regular intervals.
- When milk is reduced to 3/4 add green cardamom powder and sliced pistachio.
- Soak saffron in a tbsp of cold milk and add to the milk mix well.
- Add sugar and let it cook for further 15 minutes on low flame.
- Keep stirring and scrapping the side at regular intervals.
- Switch off the flame and let it cool down to room temperature.
- Refrigerate for around one hour.
- Add whipped cream and beat with hand mixer on high for 4-5 minutes.
- Now add mango pulp and again beat for another 4-5

minutes.

- Now mix gently chopped mangoes.
- Pour in to the ice cream molds or in any air tight container.
- Deep freeze for atleast 3-4 hours.
- Now before serving remove from freezer and keep in refrigerator for 15 minutes.
- This will help easy scooping with a creamy texture.
- Serve chill.

### **Tips**

Keep stirring and scrapping the side at regular intervals otherwise milk might burn.

Refrigerate only when milk is at room temperature.

Adjust sugar as per your taste.

**“Be Vegetarian be Happy”**

**“Live and Let Live”**