

Fruity Frozen Yoghurt

(Jamie Oliver Recipe)

Ingredients

- 1 ripe banana
- 400 g ripe seasonal fruit, such as mangos, plums, pears, blueberries
- runny honey , to taste
- 500 g natural yoghurt
- 150 g raspberries



Method

1. Discard any stalks from all the fruit, and peel, if necessary, then cut into bite-sized chunks.
2. Place the chopped fruit onto a tray in one even layer, then pop into the freezer for 2 hours, or until frozen.
3. If serving in glasses, rather than ice cream cones, place 6 small glasses in the freezer to get extra cold.
4. When you're ready to go, place the honey and yoghurt into a food processor and blitz to combine.
5. Add the frozen fruit to the processor, then blitz again until smooth.
6. Remove the glasses from the freezer (if using). Divide the raspberries between the glasses or ice cream cones, then spoon the frozen yoghurt over the top. Serve straight away – keep any leftovers in an airtight container and freeze for another day.

Tips

Whenever you have a glut of overripe fruit, chop them up and freeze them in a single layer on a tray ready to blitz into a quick frozen yoghurt another day. Once the fruit is frozen, transfer to freezer bags to save space.