

VEGETARIAN

FORMULA 1

ICE CREAM

This is a great simple ice cream recipe that works with all the Formula 1 flavours. The banana gives the ice cream a smooth and creamy richness that works so well with all the different Formula 1 flavours, be it Banana Cream, Smooth Chocolate, Vanilla, Strawberry Delight, Cookie Crunch, Café Latte, Mint & Chocolate... the list goes on!

INGREDIENTS

- 1 serving (28 g) PDM
- 1 serving (26 g) Formula 1
- 300 ml natural yoghurt
- 60 ml semi-skimmed milk
(or preferred milk drink alternative)
- 1 large banana

METHOD

Serves 2

1) Simply place a bowl or tub for the ice cream in the freezer. Next, place all the ingredients in a blender and mix together, then tip into the frozen bowl and place back in the freezer. Cover and leave for 1 hour then stir, making sure to free the semi frozen bits from around the sides of the bowl. Cover and place back in the freezer again then repeat the stirring every hour for the next few hours until frozen.

2) This ice cream only takes a few hours to freeze. Make sure to really stir it well every time you are mixing it, to make it nice and creamy and smooth.

Tips: It freezes solid so take out of the freezer and place in the fridge 15 minutes before you want to serve it. Serve on its own or with sliced bananas and berries on top.

Nutritional Values (1 Serving):

| Energy | Fat | Carbs | Fibre | Protein | Sugar |
|----------|-----|-------|-------|---------|-------|
| 276 kcal | 8 g | 31 g | 3 g | 22 g | 26 g |

Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label.

Please check the products labels for full information on the nutritional values.