The simplest way
...to make healthy ice cream.

Everyone loves ice cream, right? It’s cool and delicious, and perfect for cooling down on a summer’s day.

Try making our fruit-filled ice-cream: it’s healthy and yummy!

- ½ a 440 g can crushed pineapple in natural juice, frozen
- 1 ripe banana, frozen
- pulp of 1 large passionfruit

Method
1. Roughly chop frozen fruit and place in the bowl of a food processor.
2. Process until fruit becomes granular. Scrape down sides of bowl with a spatula and process again. Repeat 4-5 times until fruit mixture is a smooth, thick and creamy texture.

Spoon into bowls and serve immediately with fresh fruit, or freeze some for later!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.