

YIELD: 2-3 CUPS

Easy Feijoa Ice Cream

Delicious Fresh Fruit Ice Cream, nothing added, just fruit. Fruit needs to freeze overnight.

PREP TIME

10 minutes

TOTAL TIME

10 minutes

Ingredients

- 250 Grams Feijoa Flesh, approx 7-8 feijoas
- 1 Banana
- Lemon Juice, 1-2 teaspoons, or a generous squeeze



Instructions

1. Prepare an oven tray with baking paper and set aside
2. Halve the Feijoas, scoop out the flesh with a teaspoon and place on the baking tray
3. Peel the banana and slice into big chunks and place on the baking tray
4. Freeze the fruit overnight
5. In a food processor add the frozen feijoas and banana and a generous squeeze of lemon juice
6. Mix until it begins to break down, then scrape down the sides
7. Continue to mix and scrape until the mixture becomes soft and creamy
8. Enjoy straight away or add to a container, cover and freeze for a further 30 minutes to firm up or until you are ready to serve
9. Enjoy!

Notes

Leave the frozen fruit out for 5 minutes to make it a bit easier on the food processor.

A blender, unless industrial, will find this job too tricky. A food processor is best.



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