

APPLE YOGHURT ICE CREAM



This Recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh farm produce she picks with her children.

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This makes a lovely pale green ice cream. It has a high apple content so is very appley!

WHAT YOU NEED

750g cooking apples

125g caster sugar

150g full-fat yoghurt

100ml double cream

WHAT TO DO

1. Peel the apples and cut into small pieces.
2. Put into a saucepan with sugar and about 50ml water. Bring to a simmer, stir to dissolve the sugar and then simmer for about 30 minutes. Stir often. The apples are ready when you have a thick, jammy puree.
3. Take off the heat and use a hand held blender to make into smooth puree. Leave to cool.
4. Combine the apple puree, yoghurt and cream.
5. Place into an ice cream maker and churn until thick. Then transfer to a container and put in the freezer.
6. Take the ice cream out of the freezer at least 30 minutes before serving.

IF YOU DON'T HAVE AN ICE CREAM MAKER

- ◇ Pour the ice cream into a container.
- ◇ Put in the freezer.
- ◇ Beat at two-hourly intervals until firm.