

5 ways to make delicious fruit ice cream, easy to make at home

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Ice cream is one of the most beloved desserts in the world, and almost every country has a different story or version of the origin of this delicious frozen treat. In India, Kulfi originated during the Mughal period. The first Kulfi was made with a mixture of rich, condensed milk flavored with pistachios and saffron, which was then poured into metal cones and soaked in crushed ice until frozen. Gelato in Italy, Mochi in Japan, and simply ice cream in the US, this delicious frozen treat has had a long and illustrious journey over the centuries.

Ice cream is a summer favorite, not only the perfect treat for those with a sweet tooth but also a much-needed cool-down from the summer heat. However, store-bought ice cream can be high in fat and sugar, which can increase your risk of obesity, high blood sugar levels, and increased risk of heat-related illnesses. You can make your own healthy versions at home using fruits, nuts, and natural sweeteners like honey, dates, jaggery, etc.

The 5 ways to make ice cream from familiar fruits such as mango, orange, watermelon, blueberry. below are extremely easy to make, anyone can make it at home to enjoy with loved ones during the summer days.

1. Strawberry mango ice cream

Ingredient

1. Strawberries: 15 fruits.
2. Mango: 2 ripe fruits.

How to make strawberry mango ice cream

Step 1: Wash strawberries, cut in half. Peel mango, cut into small pieces.

Step 2: Put the mango and strawberry into the blender and puree (blend each fruit separately).

Step 3: Put the blended mango and strawberry into the mold, layer by layer. After inserting the stick, put the ice cream in the freezer for about 5 hours and then enjoy.



2. Orange yogurt ice cream

Ingredient

1. 360g yogurt.
2. 15g sugar or honey.
3. 180ml fresh cream.
4. 1ml vanilla
5. 400ml fresh orange juice.

How to make yogurt mango ice cream

Step 1: Put yogurt, sugar, fresh cream, vanilla in a large bowl and mix well. Then pour this mixture into $\frac{1}{2}$ of the ice cream mold.

Step 2: Pour orange juice into the remaining $\frac{1}{2}$ of the mold. Then insert the stick into the mold and put the ice cream in the freezer for about 5 hours.



3. Tropical Ice Cream

Ingredient

1. 1 kiwi
2. 10 raspberries.
3. 5 strawberries
4. 1 peach
5. 10 blueberries.
6. 400ml fresh orange juice or any fruit juice you like.
7. A little lemon peel.

How to make tropical ice cream

Step 1: Peel and thinly slice the kiwi. Wash and cut the raspberries in half. Thinly slice the strawberries and peaches.

Step 2: Put all the fruits and some lemon peel into the mold. Pour orange juice into the mold. Then put the ice cream in the freezer for about 5 hours and then you can take it out and enjoy.



4. Rainbow ice cream

Ingredient

1. 2 kiwis
2. 5 large strawberries.
3. 1 mango cut into small pieces
4. 30 blueberries.

How to make rainbow ice cream

Step 1: Peel and cut kiwi and mango into pieces. Wash and cut strawberries in half.

Step 2: Put each type of fruit into the blender and puree.

Step 3: Add each layer of pureed fruit into the ice cream mold.

Step 4: Insert the stick and put the ice cream in the freezer for about 5 - 6 hours, then take it out and eat.



5. Pineapple yogurt ice cream

Ingredient

1. 300ml yogurt.
2. ¼ pineapple
3. Sugar or honey.

Making

Step 1: Peel the pineapple, remove the eyes and chop it.

Step 2: Put pineapple, yogurt, a little sugar or honey in a blender and puree.

Step 3: Put a few pieces of chopped pineapple into the ice cream mold, then pour in the blended pineapple yogurt mixture.

Step 4: Insert the stick into the mold and put the ice cream in the refrigerator for about 5 hours.



In addition to the above fruits, you can use many other fruits to make delicious, cool fruit ice cream to enjoy on summer days such as watermelon, mango, banana.

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