

Lilly's Fruity Ice Cream Sundae

Serves 10

Ingredients	
10 scoops vanilla ice cream	250g canned raspberries in juice (liquidised)
10 sponge fingers	200g whipped cream
200g fresh berries	Ice cream sprinkles
20g butter	10 ice cream wafers
200ml single cream	

- METHOD:
- Wash and prepare fresh fruit
- Liquidise canned raspberries to make a sauce
- In a separate bowl add to sponge fingers and let them soak up the juice
- In 10 bowls, place a soaked sponge finger and a scoop of ice cream
- Divide the fresh fruit between the bowls
- Add a dessert spoon of whipped cream to each sundae and top with ice cream sprinkles and an ice cream wafer
- Serve immediately



- ✓ FOR DAIRY FREE DIETS USE DAIRY FREE ICE CREAM AND SOYA CREAM
- ✓ FOR WHEAT FREE DIETS USE A WHEAT FREE ICE CREAM AND DO NOT SERVE ICE CREAM WAFER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
18	6.9	10.3	26	14	0.2	0.2	599