

**INSTANT ICE CREAMS**  
**IN THE THERMOMIX**  
**(or high speed bar blender)**

1 X 300g Packet of Frozen Raspberries (or frozen mango, strawberries etc.) 100g g sugar	Grind the sugar to a powder on speed 9 for 10 seconds. Add Raspberries and puree for 30 seconds on high speed stirring with the spatula.
--	--

1/3 – 1 cup Cream	Add the cream and process while stirring with the spatula for 10-20 seconds on speed 4-6. (less cream will produce a stronger fruit flavour and firmer texture, more cream will give you softer ice cream and a creamier texture)
-------------------	---

**INSTANT FRUIT SORBETS**  
**IN THE THERMOMIX**

3 or 4 lemons, or a combination of oranges, mandarins etc.  100 g sugar (or to taste)  Mint leaves (optional) Ice cubes – about 700g  1 egg- white (optional)	Peel the citrus with a sharp knife to remove all the white pith & skin. Cut into rough chunks. You need about 300g.  Grind the sugar to a powder on speed 9 for 10 seconds. Add the fruit (& mint if using) and ice cubes. Gradually increase the speed dial to speed 9, process for 1 minute.  Use the spatula to assist in the incorporation of the ingredients.
--	--