

4 minute strawberry soft serve

Serves: 4

Prep time: 10 min

Per serving: 189 calories, 15 g fat, 16 mg sodium

10 oz frozen strawberries 2/3 cup heavy cream (extra cold) 1/4 tsp vanilla extract
1/4 cup superfine sugar/powdered sugar

1. Combine the frozen strawberries and sugar in a food processor or blender. Process until the fruit is roughly chopped.
2. Add the cream and vanilla and blend until combined. Add more frozen berries if you want a more firm product. Serve immediately as a soft serve, or freeze for at least 4 hours for a firm ice cream.

Vary It! The flavors for this are endless. Try it with frozen raspberries, mango, or blueberries. For a lighter version, replace the cream with your kid's favorite yogurt.

