



8

SERVES/MAKES



COOKING TIME:
Preparation Only



COOKING STYLE:
Freezer

LANCEWOOD® FROZEN BLACKBERRY & CHERRY CUPCAKES

INGREDIENTS:

2 medium sized frozen bananas (approximately 140 g)

250 ml mixed frozen berries of your choice

45 ml xylitol

500 ml **LANCEWOOD® No Sugar Added Low Fat Blackberry & Cherry Yoghurt**

To serve:

250 ml fresh or frozen mixed berries of your choice

METHOD:

Blend the bananas, berries and xylitol until smooth in a food processor. Line a muffin pan with 8 cupcake cases. Spoon the mixture into the cupcake cases and freeze until solid (about 5 – 6 hours).

Remove from the cupcake cases and place on a serving plate. Top with fresh or frozen berries of your choice.

PRODUCTS USED:



No Sugar Added Low Fat
Blackberry & Cherry Yoghurt

ENJOY!