



Red Pepper

Total: 5 min · Prep: 5 min · 2 servings · Easy · Ice Cream

Vegetarian

Gluten-Free

INGREDIENTS

100 g Thick yogurt

100 g Sour cherry (or sweet cherry)

100 g Strawberry (or raspberry)

10 g Peeled red beetroot

30 g Honey

to taste Red pepper

INSTRUCTIONS

- 1 Blend all ingredients in a blender until smooth and pour into molds. It is recommended to leave a few whole berries for decoration, adding them to the finished ice cream mixture.
- 2 Optionally, after freezing, coat with a thin layer of chocolate, to which you can add a pinch of ground red pepper.

Nutrition per serving: 264 kcal · Protein 6.0 g · Fat 4.0 g · Carbs 51.0 g · Fiber 2.2 g