

# **PROBIOTIC ICE CREAM FROM KEFIR**



## **Ingredients:**

- 1 cup frozen strawberries and raspberries
- 1 cup frozen mango
- 1-2 frozen bananas
- approx. 100 g homemade frozen milk kefir
- 2 cornets

## **Probiotic ice cream preparation steps**

Take the frozen fruit out of the freezer. Leave the frozen fruits at room temperature for 5-10 minutes to defrost a bit, but it should not be fully defrosted. This will make it easier to blend. You can use different types of fruits, just use whatever you have in the freezer. Put layers of frozen berries, bananas and frozen kefir into your ice cream maker. The ice cream maker will grate the fruit: from bananas you will get creaminess and sweetness, the kefir will provide the probiotics and the berries will make your ice cream tasty and fresh.

This makes an excellent treat for children. If you do not have an ice cream maker, a quality blender will do the job. Just make sure you mix thoroughly to get the right consistency. During the blending ice cream will collect on the side walls of the blender. Pause blending and use spoon to mix it all in

then continue with blending. You can use regular dairy kefir or coconut milk kefir, both will make delicious probiotic ice cream.

See more recipes with kefir [here](#).

**Products used to prepare this recipe:**



## [Kefir Fermenter](#)

[Buy on Kefirko.com](#)



## [Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](#)