



## FRUIT ICE CREAM WITH JOYBASE BE FREE FRUIT

### RECIPE TO MAKE A FRUIT ICE-CREAM

#### FRUIT ICE CREAM

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##### INGREDIENTS

|                       |            |
|-----------------------|------------|
| FRESH FRUIT           | g 800-2500 |
| WATER                 | g 500-1900 |
| JOYBASE BE FREE FRUIT | g 1100     |

##### PREPARATION

Mix JOYBASE BE FREE FRUIT and water with an immersion blender.

Add fresh fruit and let the mixture rest for about 15 minutes and then whisk.

It is possible to add lemon juice to enhance the taste of the fresh fruit.

We suggest you to use fresh fruit or purée without added sugar.

#### STEP 2

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##### PREPARATION

##### TO MAKE YOUR FRUIT ICE CREAMS

Download the PDF of the recipe where you will find ingredients and balancing to make fruit ice creams for all tastes.

# Fruit ice-creams with Joybase Be Free Fruit - Recipe with only fresh fruit

| Flavour         | Fruit | Water | Joybase Be Free Fruit | TOTAL WEIGHT |
|-----------------|-------|-------|-----------------------|--------------|
| Apricot         | 1850  | 1100  | 1100                  | 4050         |
| Sour cherry     | 1600  | 1350  | 1100                  | 4050         |
| Pineapple       | 1600  | 1350  | 1100                  | 4050         |
| Watermelon      | 2500  | 500   | 1100                  | 4100         |
| Orange          | 1400  | 1550  | 1100                  | 4050         |
| Banana          | 1600  | 1350  | 1100                  | 4050         |
| Blackcurrant    | 1850  | 1100  | 1100                  | 4050         |
| Strawberry      | 1850  | 1100  | 1100                  | 4050         |
| Wildberries     | 1850  | 1100  | 1100                  | 4050         |
| Kiwi            | 1850  | 1100  | 1100                  | 4050         |
| Raspberry       | 1850  | 1100  | 1100                  | 4050         |
| Lime            | 800   | 1900  | 1100                  | 3800         |
| Lemon           | 800   | 1900  | 1100                  | 3800         |
| Tangerine       | 1400  | 1550  | 1100                  | 4050         |
| Mango           | 1600  | 1350  | 1100                  | 4050         |
| Apple           | 1600  | 1350  | 1100                  | 4050         |
| Melon           | 1850  | 1100  | 1100                  | 4050         |
| Blueberry       | 1850  | 1100  | 1100                  | 4050         |
| Blackberry      | 1850  | 1100  | 1100                  | 4050         |
| Passion Fruit   | 800   | 1900  | 1100                  | 3800         |
| Pear            | 1600  | 1350  | 1100                  | 4050         |
| Peach           | 1850  | 1100  | 1100                  | 4050         |
| Pink grapefruit | 1400  | 1550  | 1100                  | 4050         |