

Antioxidant ice cream

NUTRI-lipidomics *Molecular nutrition and healthy diet*



Wild black cranberries ice cream

Ice cream is the dessert that during summer time it's consumed more often and not always its nutritional quality is suitable for frequent consumption. If we prepare it with chosen ingredients and sources of health-beneficial nutrients, even better if functional, grant it once more is possible. The ice cream proposed in this recipe was prepared using the nectar of wild black cranberries of the Modena Apennine **Nutra Pick** obtained from the cold grinding of the whole fruit with the addition of water. Nectar has a high antioxidant power and provides functional nutrients that add to the good fats also functional, avocado, which confer creamy consistency, and hazelnuts, which provide crunchiness. Banana sugars will be the component that sweetenes ice cream to the right point.

Nutrilipidomic Recipe

Ingredients

4 people

- 4 bananas (400 g)
- 100g low-fat Greek yogurt
- 200ml Nutra Pick cranberry nectar
- 100g ripe avocado
- 50g hazelnut grain

Procedure:

Cut the bananas and avocado into cubes, arrange them on baking paper and put them in the freezer for two hours.

Work the yoghurt with the Nutra Pick until they form a compact and homogeneous cream.

After the two hours, put the fruit cubes in a mixer and blend quickly. Add the yogurt cream to The Nutra Pick and work quickly with a spatula.

Place the ice cream in the freezer for at least 2-3 hours.

Serve the ice cream with the addition of the hazelnut grain.



Nutra Pick is available in 200ml and 500ml formats.

Nutritional values per recipe and per person

	Kcal	Pro- teins (g)	Carbs (g)	Sugar (g)	Fats (g)	Satu- rated (g)	Monoun- saturated (g)	Polin- satu- rated (g)	Fibers (g)
Bananas	356	4,36	91,36	48,92	1,32	0,45	0,13	0,3	10,4
Yogurt	54	10,3	3	3					
Cranberry nectar	76	1	19	13	0,4	0,04			1
Avocado	160	2	8,53	0,66	14,66	2,13	9,79	1,81	6,7
Hazelnut grain	323	7,51	8,8	2,44	31,2	2,26	23,3	4,23	4,7
Total per recipe	959	25,17	130,69	68,02	47,58	4,88	33,22	6,34	22,8
Total per person	239,75	6,29	32,67	17,00	12,09	1,22	8,30	1,58	5,7

Article by:

Dr.ssa Nicoletta Bocchino – Nutrition Biologist

The food recommendations in the article are not intended to replace a personalized food plan and are to be adapted to specific cases.