

MINT CHOCOLATE ICE CREAM

A great treat but this healthier home-made version is still low-fat!

Serves 4

Per serving: 213 calories, 1.4% fat

Prep time: 15 mins

Freezing time: 1 -2 hours

INGREDIENTS

4 *Askeys* ice cream wafer cones

4 *After Eight* mints

10g chocolate, to decorate

For the ice cream:

200ml 3% Greek yogurt

500ml low-fat custard

2 tsps *Green & Blacks* cocoa powder

2 tsps chocolate extract

METHOD

1. Make the ice cream by blending the Greek yogurt, custard, cocoa powder and cocoa extract, pour into a plastic container and freeze for 1 to 2 hours until set.
2. Chop up the *After Eight* mints and place half the pieces in the base of the four chocolate ice cream cones.
3. Melt the chocolate. Scoop ice cream into each of the cones. Top each ice cream with the chocolate and the remaining chopped *After Eight* mint pieces and serve.

