

Gill's Gourmet Gallery

Low calorie lemon ice cream with honeyed fruit salad

Ingredients: Serves 2

250g quark

3 tablespoons fat free, zero sugar, lemon yoghurt

1 level teaspoon alternative sugar crystals

Method:

Stir all the ingredients together until thick and creamy.

Place in a small freezer container.

Freeze for 2 hours, remove from freezer, stir to break the crystals and return to freezer until ready to serve.

Ingredients for the honeyed fruit salad:

1 pear

1 banana

1 apple

1 slice melon

1 tablespoon lime juice

1 tablespoon runny honey

50 ml water

Method:

Chop the fruit into small bite size pieces.

Place in a bowl.

Drizzle with lime juice, honey and water and stir.

Cool and serve with lemon ice cream.

