



Creamy Strawberry Frozen Delight !!

Description

Introduction:

On a hot day, this is the kind of delightful strawberry ice cream that can make things cool down. It's a dessert that tastes as good as it looks with its creamy texture and refreshing flavor of strawberries. This simple recipe will satisfy everyone whether you decide to serve it as a dessert or just taking it as a sweet snack. This dessert is made from fresh ingredients and has an intense strawberry taste; hence, you don't have to worry about indulging in them. The color and taste are both strong.

Ingredients:

- 2 cups frozen strawberries
- 1 cup heavy whipping cream
- ¼ cup granulated sugar (or to taste)
- 1 teaspoon vanilla extract
- Optional: To increase the tang, one may squeeze lemon juice.

Instructions:

Prepare the Ingredients:

Make certain your strawberries are completely frozen before proceeding. You may use pre-frozen ones or freeze your fresh berries overnight.

Blend the Mixture:

Put frozen strawberries, heavy cream, sugar and vanilla extract into high-speed blender or food processor. Blend until smooth and creamy.

Check the Consistency:

If too solid, add some more cream or little milk for thinner consistency.

The mixture is then put in serving glasses or bowls using either a spoon or pipe. This may be decorated with strawberries on top.

Blend the strawberries together with a squeeze of lemon juice for some extra flavor.

Hints to Make It Perfect:

Use Frozen Strawberries: This will help you get a thicker, ice cream-like texture without adding ice.

Sweetness: Adjust the sugar depending on how sweet your strawberries are and what you like.

Piping Tip: To make the dessert look professional, use a piping bag with a star tip.

Health Benefits:

Vitamin C: Strawberry contains Vitamin C which helps in immune system support and maintain skin health.

Antioxidants: The antioxidants in this dessert come from strawberries, which help in fighting free radicals found in human body.

Dairy Benefits: Inclusion of heavy cream provides calcium and healthy fats thus making it more nourishing treat.

Nutritional Information (Per serving)

Calories- Approximately 200 kcal

Protein ~ 2 g

Fat ~ 15 g

Carbohydrates ~ 15g

Sugar ~ 14g

Fiber ~ 2g

Variations and Substitutions:

Non-Dairy Version : Coconut Cream can be used instead of heavy cream to make it non dairy.

Mixed Berry Flavor : Replace half of the strawberries with raspberries or blueberries to get mixed berry dessert.

Lower Sugar : Use stevia or monk fruit sweetener as substitute for sugar that reduces sugar content.

Frequently Asked Questions (FAQs):

Q: Can I substitute fresh strawberries for frozen?

A: Yes, however, it will have more of a smoothie texture than the thick, soft-serve creaminess. It may be necessary to use ice cubes in order to thicken it.

Q: How long can I keep this dessert?

A: This dessert is best eaten immediately. Nevertheless, if you freeze the remainders an air-tight vessel for one week is fine. Soften for a few minutes at room temperature before serving.

A: Though it is advised to have a blender or food processor to get the smoothest texture possible, you can manually squeeze out the juice from strawberries and mix everything together. It may not be as smooth but still yummy!

Conclusion:

This strawberry frozen dessert is more than just a treat—it's an eruption of taste and freshness that can be enjoyed anytime. With few ingredients and simple steps, it is ideal for satisfying your sweet tooth while still keeping cool. Whether you are doing it for yourself or with your family members, this pudding will make everyone happy. Enjoy its creamy fruity taste and remember it when you feel like having an amazing refreshing escapade!

Category

1. High Protein Recipes

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