

Soft gingerbread ice cream

Sweet

level 

 1

 20 min



Ingredients

100 ml	Fresubin Energy Fibre DRINK Chocolate
30 g	gingerbread
20 g	plain chocolate coating
6 g	Ice cream powder neutral
60 g	cream (30% fat)
10 g	sugar

Nutritional information per serving:

Energy	597 kcal
Protein	11.8 g
Fat	35.0 g
Carbohydrate	58.0 g
Fibre	3.1 g



Alternative products:

Fresubin[®] Original DRINK
Fresubin[®] Energy DRINK
Fresubin[®] 2 kcal Fibre DRINK
Fresubin[®] Protein Energy DRINK
Fresubin[®] Energy Fibre DRINK

Preparation

Finely grate the chocolate coating. Finely crumble up the gingerbread and mix with the Fresubin Energy Fibre DRINK Chocolate. Mix the sugar and ice cream powder into the gingerbread mixture. Fold in the whipped cream and freeze.

Stir regularly during freezing.

TIP:

Scoop out ice cream and arrange on dessert plate.