



Knickerbockerglory



Ingredients

4 scoops Ice cream or frozen yogurt
Fresh fruit, e.g. strawberries, grapes,
bananas, kiwi fruit (or canned fruit)
Chocolate sauce, optional
Chopped nuts, optional
Cream and wafers, optional

Equipment

Chopping board, knife, ice cream
scoop and tall glasses for serving.

Method

1. Wash and prepare the fruit, or use fruit canned in natural juice.
2. In a tall glass, arrange layers of ice cream and fruit.
3. Pour the chocolate sauce over the top, if liked.
4. Decorate with cream, nuts and wafers (optional).

Nutrition Information

Knickerbockerglory	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	756	2548	1274
Energy (kcal)	181	609	305
Protein (g)	3.6	12.3	6.2
Fat (g)	10.7	36.1	18.1
of which saturates (g)	4.8	16.1	8.1
Carbohydrate (g)	18.6	62.7	31.4
of which sugars (g)	16.7	56.4	28.2
Fibre (g)	0.8	2.6	1.3
Sodium (mg)	64	217	109
Salt equivalent (g)	0.2	0.5	0.3

(Calculation based on 2 scoops of ice cream, with canned fruit, chocolate sauce, chopped nuts, cream and a wafer.)

Notes

Key Messages

Healthy eating

- Use plenty of fresh or canned fruit.
- Foods high in fat or sugar should only form a small part of your diet.
- To reduce sugar content use frozen yogurt instead of ice cream.

Money

- Use economy ice cream and canned fruit to cut the cost.

Food safety

- Make sure the cream is fresh and within its use-by date before using to decorate.