



Miele

Berry, yoghurt and honey icy poles

By Miele

15 minutes, plus cooling and freezing time

Preparation Time

5-8 hours

Cooking Time

6 x 120 ml or 10 x 90 ml icy poles

Serves

INGREDIENTS

Yoghurt

1 litre (4 cups) full-cream milk
70 g (¼ cup) Greek or natural
yoghurt

Icy poles

280 g (1 cup) yoghurt
250 g strawberries, blueberries or
raspberries
180 g (½ cup) honey

Miele Accessories

Unperforated steam containers

METHOD

Yoghurt

1. Place the milk into a saucepan and heat on medium heat, induction setting 6, until hot (approximately 90°C). Remove from heat and allow to cool to approximately 40°C.
2. Pour the cooled milk into an unperforated steam container and whisk in the yoghurt. Cover with a lid or cling wrap.
3. Place the container into the steam oven and Steam at 40°C for 5-8 hours, or until thick. Set in the fridge until cold.

Icy poles

1. Wash and hull the strawberries. Puree the strawberries with the honey in a food processor or blender.
2. Place the yoghurt into a medium sized bowl, pour over the strawberry puree and stir well to combine.
3. Pour the strawberry yoghurt mix into the icy pole moulds and freeze overnight.
4. Remove the icy poles from the freezer. Allow them to soften slightly at room temperature before removing the cases. Or, run the cases under hot water for a few seconds to soften slightly.

Hints and tips

- The yoghurt will keep in the fridge for up to 3 weeks. Remember to keep some aside in the refrigerator for your next batch of yoghurt.
- The berries can be substituted with any leftover seasonal fresh fruits such as peaches, apricots, or other fresh fruit.
- Maple syrup or rice bran syrup can be instead of honey.
- Making your own yoghurt is easy and such a versatile ingredient in both sweet or savoury dishes.
- A frozen ice cream or icy pole is a welcome reprieve on a hot day. Homemade frozen yoghurt is a healthier option than some other sweet treats available and super easy to prepare with any fresh fruit purees and homemade yoghurt.