



## SOUR CHERRY NICE CREAM

### Ingredients

- 3 Bananas
- Frozen Forest Fruit Berries
- 2 tablespoons Mr Fitzpatrick's Sour Cherry, Red Grape with Hibiscus cordial

### How to

1. Remove and slice the bananas and freeze ahead of time.
2. Add the frozen bananas, berries and cordial to your blender.
3. Blast until forms a creamy texture.
4. Scoop into a bowl and sprinkle with your favourite toppings - fresh berries, chia seeds, nuts - or why not all three?!