

# Quick Ice Cream Recipes

For Babies Older  
Than One Year



## 1 Nutrient-packed mixed fruit ice cream



- Mash strawberries, mango, apple, and kiwi in a bowl.
- In another bowl, add banana and lemon juice and mash.
- Beat condensed milk and cream until thick and smooth.
- Mix all three mixtures. Add it into different bowls and freeze.

## 2 Colorful rainbow popsicles



- Prepare purees of different colors, such as strawberry puree for red, mango puree for yellow, kiwi puree for green, and blueberry puree for purple.
- Pour the purees into ice pop molds in layers of your choice.
- Add the stick and freeze them.

## 3 Quick strawberry banana ice cream



- Chop strawberries and bananas.
- Place them in a ziplock bag and freeze them overnight.
- The next day, blend them in a food processor with condensed milk and some cream.
- Pour the mixture into a bowl, cover it with a cling film, and freeze for an hour.
- Serve in a cone or cup with colorful sugar sprinkles.



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Source: [https://www.momjunction.com/articles/things-to-remember-before-your-baby-has-its-first-ice-cream\\_00392822/](https://www.momjunction.com/articles/things-to-remember-before-your-baby-has-its-first-ice-cream_00392822/)