



SERVINGS: 4

SPAR

**BETTER
CHOICES**
Eat well, Live better

PREPARATION TIME: 10 minutes

FREEZING TIME: 3 hours

INGREDIENTS:

450-500g frozen raspberries

2 Tablespoons honey

1/2 lemon - squeezed

60g warm water

4 cubes dark chocolate (optional)

8 mint leaves, washed

METHOD:

1. Dissolve the honey in the warm water.
2. Blend the berries very well, adding the warm water & honey mixture and lemon juice.
3. Transfer to a suitable container and freeze for 3 - 4 hours depending on the firmness required.
4. Serve in bowls with some dark chocolate shavings and mint leaves as garnishing.

ENJOY!

TIP!

If raspberries aren't really your thing, then you can change them to another fruit!