




Daifuku Nice Cream Mochi

 4 servings  Prep: 2h & 10 mins  Cook: 5 mins



INGREDIENTS

100 g glutinous flour
½ tbsp rice bran oil
35 g sugar
180 ml water
1 frozen banana, large
40 g frozen blueberries
40 ml low-fat milk

METHODS

1. Mix glutinous flour, oil, sugar & water well in a bowl.
2. Microwave for 2mins. Stir & put in the microwave again for 1min. Set aside to cool.
3. Blend the frozen banana, blueberries & milk together using a food processor.
4. Divide the fruit mixture into 8 equal portions and cling wrap them. Freeze them for 2-3hours.
5. Divide the dough into 8 equal portions.
6. On a baking mat, flour coat the divided portions & roll it out evenly into 4cm circles.
7. Wrap the frozen nice cream in the dough & shape it to your liking.

TIPS: Consume immediately after making (as fruits ice cream tends to melt quickly at room temperature)

Nutrition Information (per serving)

Energy 89kcal, Carbohydrate 36.5g, Protein 2.4g, Fats 2.6g, Saturated Fats 0.7g, Polyunsaturated Fats 0.8g, Monounsaturated Fats 0.8g, Cholesterol 0.5mg, Dietary Fibre 1.5g, Sodium 0.5mg, Potassium 10mg, Phosphate 19mg



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