

Frozen assets

Traditional ready-made ice creams, water ices and frozen yogurts are generally off the menu for WLS patients – most simply have too much sugar or fat in them. However, making them at home from scratch is easy and means they can reappear without the risk of sugar or fat overload. An ice cream maker is a worthwhile investment if, like me, you love these ices at all times of year (and they do give a superior smoother finished texture). Otherwise, just remember to whisk once or twice during the freezing process to break down big ice crystals.



Frozen vanilla yogurt with raspberries

Toast 50g porridge oats in a frying pan until golden then cool. Mix 5 x 200g cartons Muller Light vanilla yogurt with a 150g tub low-fat custard and the oats. Freeze for 2 hours. Meanwhile, cook 250g crushed raspberries with 2 tbsp Splenda granulated sweetener over a low heat until softened, about 5 minutes. Stir into the yogurt mixture and freeze for 2-3 hours or in an ice cream maker. Remove from freezer 30 minutes before serving to soften slightly. Scoop to serve with extra raspberries and mint sprigs if liked.



SERVES 6

WLS portion: ½ - ¾

Calories: 145

Protein: 9.4g

Carbohydrate: 22.6g

Fat: 1.2g



Summer fruits ice

Place 125ml water, the pared rind and juice of 1 lemon and 1 orange and 20g Splenda granulated sweetener in a small pan. Bring to the boil, reduce the heat and simmer for 5 minutes. Allow to cool then strain. Place 320g pack defrosted frozen British summer fruits in a blender with the cool juice and purée until smooth. Freeze until firm or in an ice cream maker. Remove from freezer 30 minutes before serving to soften slightly. Scoop to serve with fresh strawberries if liked.



SERVES 6

WLS portion: ½ - ¾

Calories: 48

Protein: 0.9g

Carbohydrate: 11g

Fat: 0.2g

Mango crush

Place 125ml water, the pared rind and juice of 1 lemon and 1 orange and 12g Splenda granulated sweetener in a small pan. Bring to the boil, reduce the heat and simmer for 5 minutes. Allow to cool then strain. Place 350g mango pieces in a blender with the cool juice and purée until smooth. Freeze until firm or in an ice cream maker. Remove from the freezer 30 minutes before serving to soften slightly. Scoop to serve with extra mango slices and mint sprigs if liked.



SERVES 6

WLS portion: ½ - ¾

Calories: 88

Protein: 1.1g

Carbohydrate: 21.4g

Fat: 0.3g

