

# recipe

## of the month

### Peach and macadamia ice-cream bars

#### *Ingredients*

- 825g can peaches in mango and natural juice
  - 1/3 cup macadamia nut halves
  - 4 cups reduced-fat vanilla ice-cream,
  - Makes 20 bars
- Grease a 3cm-deep, 20cm x 30cm lamington pan. Line with baking paper, allowing a 5cm overhang on long sides.
  - Blend peach mixture until almost smooth. Pour into prepared pan. Smooth surface. Cover surface with plastic wrap. Freeze for 2 hours or until just firm.
  - Remove pan from freezer. Gently press macadamias into peach mixture. Top with ice-cream. Smooth surface. Cover surface with plastic wrap. Freeze for 3 hours or until firm.
  - Remove ice-cream mixture from pan. Place on a board. Carefully cut crossways into 10 x 3cm- wide strips. Cut each strip in half to make 20 bars. Place in freezer until ready to serve.



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