

Here are four delicious desserts that are easy to make. Which one will you try?

COOL SUMMER DESSERTS



MANGO SURPRISE

INGREDIENTS (FOR 10 PORTIONS)

- 10 popsicle moulds* • 3 fresh mangoes (or frozen* mango pieces) • 275ml coconut cream • 2 tablespoons* honey*
- A little lime* juice and zest • 1 teaspoon* vanilla extract

- 1 Peel* and chop* the mangoes.
- 2 Put all the ingredients in a blender* and blend* until* the mixture* is smooth*.
- 3 Pour* the mixture into the popsicle moulds and put in the freezer* for four to six hours.
- 4 To take the popsicles out of the moulds, you can put them under warm water for ten seconds.

BANANA ICE CREAM SANDWICHES

INGREDIENTS

- 3 bananas • 200g peanut* butter • 175g sugar • 1 egg
- 75g chocolate chips* • 2 tablespoons* double* cream
- 1 tablespoon vanilla essence

- 1 Peel* and slice* the bananas. Place them in a container and put them in the freezer* for 2 hours.
- 2 Preheat* the oven to 180°C. Line* a baking* tray with baking* paper.
- 3 For the cookies, put the peanut butter in a bowl with the sugar and the egg. Mix* well to make a dough*. Stir* in the chocolate chips.
- 4 Form small balls of dough and put them on the baking paper. Press* them down with a fork.
- 5 Bake* the cookies in the oven for 8 to 10 minutes. Leave them to cool* completely.
- 6 For the ice cream, put the frozen* bananas, cream and vanilla extract in a blender*. Blend* well.
- 7 Make sandwiches with the cookies and ice cream. Wrap* each cookie in plastic film. Put the ice cream sandwiches in the freezer until* the ice cream is frozen.



BLUEBERRY BREAD

INGREDIENTS

- 250g flour* • 2 teaspoons* baking* powder • ½ teaspoon salt • 3 tablespoons lemon juice and zest • 120g melted* butter • 150g sugar • 2 eggs • 80ml milk • 60g sour cream (or Greek yoghurt) • 1 teaspoon vanilla extract
- 2 cups blueberries • For the icing*: 60g icing* sugar, 2 tablespoons lemon juice

- 1 Preheat* the oven to 180°C. Grease* a loaf tin and line* it with baking* paper.
- 2 In a bowl, mix* the flour, baking powder and salt.
- 3 In another bowl, mix the lemon zest and juice, melted butter, sugar, eggs, milk, vanilla extract and sour cream. Mix until* smooth*.
- 4 Pour* the liquid mixture over the flour mixture. Stir*, then add three quarters of the blueberries.
- 5 Pour the mixture into the loaf tin. Bake* for 60 to 70 minutes.
- 6 Make the icing*: whisk* the icing sugar with the lemon juice.
- 7 When the bread is cool*, pour over the icing. Decorate with a few blueberries.

RASPBERRY FOOLS

INGREDIENTS (FOR FOUR PORTIONS)

- 225g fresh or frozen* raspberries • 1 tablespoon* lemon juice • 4 tablespoons icing* sugar • 300ml double* cream
- Fresh raspberries to decorate

- 1 Put the raspberries in a saucepan* with the lemon juice and icing sugar. Crush* the mixture with a spoon and heat* it slowly.
- 2 When the mixture* starts to simmer*, turn off the heat. Push* the raspberries and juice through a sieve to obtain a puree. Discard* the seeds and leave the puree to cool*.
- 3 Whisk* the cream until* it is thick*. Then add the cooled* raspberry puree and whisk again.
- 4 Pour* the mixture into four glasses.
- 5 Chill* and decorate with fresh raspberries.



I want to try them all!



HELP!

bake: enfourner
baking paper: papier cuisson
baking powder: levure chimique
baking tray: plaque de cuisson
blend (well): (bien) mixer
blender: robot mixeur
chill: réfrigérer
chip: pépite
chop: hacher
cool (ed): refroidir, refroidi
crush: écraser
discard the seeds: jeter les graines
double cream: crème épaisse entière
dough: pâte
flour: farine
freezer: congélateur
frozen: gelé, en surgelé
grease: beurrer

heat slowly: chauffer doucement
honey: miel
icing: nappage
icing sugar: sucre glace
lime juice: jus de citron vert
line: tapisser
loaf tin: moule à gâteau
melted butter: beurre fondu
mix (well): (bien) mélanger
simmer: frémir
mould: moule (à succette)

peanut butter: beurre de cacahuète
peel: éplucher
pour (over): verser (par-dessus)
preheat: préchauffer le four
press down: tasser
push through (a sieve): passer à travers un chinois
put back: remettre
saucepan: casserole
simmer: frémir
slice (n, v): tranche, trancher
smooth: lisse
sour cream: crème fraîche
stir (in): incorporer
tablespoon: cuillère à soupe
take out: sortir
teaspoon: petite cuillère
thick: épais
until: jusqu'à ce que
whisk: fouetter
wrap: emballer