

Frozen Dragon Fruit and Pineapple Bars

Serves: 16

Prep time: 15 minutes + freezing time

Cook time: 5-10 minutes



½ serve per portion

Ingredients

¼ cup sugar

2 400g packets frozen pink dragon fruit

440g can crushed pineapple, drained, juice reserved

600mL light cream

⅔ cup macadamia, roughly chopped



Discretionary Food

Method

BOIL the sugar and reserved pineapple juice for 5-10 minutes or until slightly thickened. Set aside to cool.

MIX together cream, ¼ cup of crushed pineapple and chopped nuts.

LINE a deep slice pan with alfoil (~35x24cm).

POUR the cream mixture into the pan and freeze.

BLEND dragon fruit, remaining pineapple and cooled pineapple juice syrup in a food processor or with a stick blender.

POUR the blended fruit mixture over the frozen cream mixture.

CUT into slices to serve.

Recipe courtesy of Gabriella Field, Tin Can Bay Branch