



Mango kulfi



From Urmila Prabhat – Volunteer Ambassador

This is an Indian ice cream recipe which is simple and tasty.

Ingredients:

1.5l (2½ pints) milk
1 can condensed milk
800g (1lb 12oz) mango pulp, fresh or tinned
400g (14oz) ready-made custard
5tbsp raisins

5tbsp flaked almonds
5tbsp flaked/chopped pistachios
2tbsp ground cardamom
You will also need a freezer-safe plastic tub with a lid, such as an ice cream tub.

Method:

1. Bring 1l (1¾ pints) of milk to the boil on low heat in a wide, heavy bottomed pan, then reduce the temperature and simmer for about 20 minutes, or until you have around half the volume. Set aside.
2. Combine the custard with the remaining milk and mix well.
3. Combine the reduced milk, condensed milk and custard.
4. Mix well with a whisk and leave to cool to room temperature.
5. Add half of the mango pulp and the cardamom powder to the mixture and mix well.
6. Pour the mixture into a plastic tub with a lid.
7. Leave to set in the freezer for 45 minutes.
8. Remove the tub from the freezer and pour over the remaining mango pulp.
9. Decorate the top with raisins, almonds and pistachios, then return to the freezer for a minimum of two hours.
10. Take out, cut into 5cm (2”) squares and serve in your best cups.

Tip: You can also make this recipe using ice lolly moulds. Use half the amount of mango pulp, as you will not be pouring it over the lollies.

Find more recipes for your Time for a Cuppa at dementiauk.org/tfac



Best ever blondies

From **Time for a Cuppa**



Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

