

Easy Homemade Ice Cream



INGREDIENTS

1½ cup	<i>Lactantia</i> whipping cream, chilled	375 mL
1 can	<i>Beatrice</i> sweetened condensed milk	300 mL
2 tbsp	vanilla extract	30 mL
1 cup	<i>Astro BioBest</i> Plant Sterols yogourt, any flavour	250 mL

PREPARATION

1. In a large bowl, whip *Lactantia* cream until it holds soft peaks.
2. Fold in *Beatrice* sweetened condensed milk, vanilla and *Astro BioBest* Plant Sterols yogourt.
3. Pour into a loaf pan or a cake tin and freeze overnight.

ADDITIONAL NOTES

*TIP: Add chopped nuts, chocolate chips, fresh or dried fruit or your favourite chopped chocolate bar to the mixture for a decadent ice cream

Astro Yogourt Cereal Bars



INGREDIENTS

2 cups	granola cereal
¾ cups	flour
¼ cups	brown sugar
½ Tsp	cinnamon
½ cups	<i>Lactantia</i> butter, softened
1 cup	<i>Astro BioBest</i> Plant Sterols yogourt, any flavour
1	egg slightly beaten
2 Tbsp.	flour

Yield: 12 portions

PREPARATION

1. Preheat oven to 350 F.
2. Combine the cereal, flour, brown sugar and cinnamon. Mix in *Lactantia* butter until crumbly.
3. Press half of the mixture into greased or parchment lined 8-inch square pan.
4. Combine *Astro BioBest* Plant Sterols yogourt, egg and 2 tablespoons of flour. Spread over crumb mixture in pan.
5. Sprinkle the other half of the granola mixture over yogourt mixture pressing down lightly.
6. Bake for 30-35 minutes, or until yogourt has set. Cool in pan. Cut into bars.

Morning Energy Booster



INGREDIENTS

1 cup	<i>Astro BioBest</i> Plant Sterols yogourt, Blueberry flavour	250 mL
1 cup	fresh or frozen blueberries	250 mL
1 cup	fresh or frozen sliced peaches	250 mL
½ cup	grape or <i>Beatrice</i> apple juice	125 mL

PREPARATION

Preparation Time: 5 minutes

Yield: 2 servings

1. In a blender add *Astro BioBest* Plant Sterols yogourt, fruit and juice.
2. Blend until smooth. Add more juice as necessary for desired consistency. Serve immediately.

Cranberry Raspberry Smoothie



INGREDIENTS

1 cup	fresh cranberries, frozen	250 mL
1 cup	frozen raspberries	250 mL
1 cup	<i>Astro BioBest</i> Plant Sterols yogourt Raspberry	250 mL
2 tbsp	honey	30 mL
½ cup	cranberry juice	125 mL

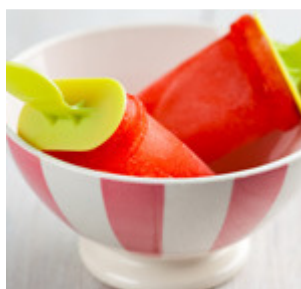
PREPARATION

Preparation time:

15 minutes **Yield:** 2 servings

1. In a blender add all fruits and *Astro BioBest* Plant Sterols yogourt ingredients.
2. Blend until smooth.
3. Add more juice as necessary for desired consistency. Serve immediately.

Strawberry Astro Yogourt Pops



INGREDIENTS

1/2 lb	frozen strawberries (about 1 1/2 cups)	375 mL
1 cup	<i>Astro BioBest</i> Plant Sterols yogourt, Strawberry flavour	250 mL
3/4 cup	<i>Lactantia PurFiltre</i> milk	180 mL
8 × 3 oz	paper cups	8 × 100 g
8	popsicle sticks	8

Preparation time: 5 minutes

Yield: makes 8

PREPARATION

1. In blender add strawberries, *Astro BioBest* Plant Sterols yogourt and *Lactantia* milk. Blend until smooth. Divide evenly between 8 paper cups.
2. Freeze for 2 hours and then insert Popsicle sticks in middle of cup. Continue freezing until solid (about 8 hours or overnight).
3. To serve peel off paper cup and enjoy.

ADDITIONAL NOTES

- Use fresh fruit if available and proceed as directed above.

Banana Blueberry Muffins



INGREDIENTS

3	ripe bananas	3
2	eggs, large	2
½ cup	<i>Astro BioBest</i> Plant Sterols yogourt, Blueberry flavour	125 mL
1 cup	granulated white sugar	250 mL
1½ cups	all purpose flour	375 mL
1 tsp	salt	5 mL
1 tsp	baking soda	5 mL
½ cup	frozen blueberries	125mL

Yield: 12 Muffins

Preparation Time:

30 – 35 Minutes

PREPARATION

1. Preheat oven to 350°F. Grease 12-cup muffin tin or line with muffin paper.
2. In large bowl, mash bananas with a spoon, fork or potato masher. Add eggs and *Astro BioBest* Plant Sterols yogourt and mix well. Add sugar, flour, salt and baking soda and mix until all the flour has been incorporated.
3. Gently stir in blueberries.
4. Divide evenly between the muffin cups.
5. Bake for 15-20 minutes until muffins are lightly brown and tops spring back when gently pressed.
6. Cool for 10 minutes and remove from muffin tins.

ADDITIONAL NOTES

- Make a banana bread by pouring batter into a greased loaf pan. Bake for 45-60 minutes until a toothpick inserted in center comes out clean.
- Change up this recipe for more excitement! Replace the blueberries with walnuts, and switch the *Astro BioBest* Plant Sterols yogourt BlueBerry flavour for Vanilla. Or, try it with frozen raspberries and *Astro BioBest* Plant Sterols yogourt Raspberry flavour