



SNACK TIME WITH THEODORE



ALVIN AND THE CHIPMUNKS™

THE
ROAD CHIP

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GO BANANAS

This easy and delicious ice cream is the perfect treat for a hot day.

INGREDIENTS

- 4 ripe bananas, cut into chunks
- 3-4 tbsp milk
- 2 tbsp ready-made toffee or chocolate sauce
- 2 tbsp toasted flaked almonds

METHOD

Place the banana chunks on a flat tray and cover with film. Place into the freezer and leave them for at least 1hr, or until frozen. Once they're ready, throw the banana pieces into a food processor and blend with enough of the milk until you achieve a creamy texture. Scoop the mixture into 4 bowls or glasses, and top with toffee, chocolate or nuts.

STRAWBERRY NICE-LOLLIES

When it's really hot outside, treat yourself to these quick and easy strawberry ice-lollies.

INGREDIENTS

- For four lollies
- 2 ripe bananas
 - 500g of strawberries
 - 4 tablespoons of coconut milk
 - 4 tablespoons of water
 - 4 medjool dates

METHOD

Remove the stones from the dates and peel the bananas. Next, place the ingredients into a blender and whizz for a minute until smooth, pour into an ice-lolly mould and place in the freezer for about 5 hours. Enjoy!

BERRY-DELICIOUS

Thanks to three simple ingredients, you can whip up this refreshing treat faster than it'd take you to go to the ice cream parlor.

INGREDIENTS

- 250g frozen mixed berries
- 250g 0%-fat Greek yogurt
- 1 tbsp honey or agave syrup

METHOD

Blend the berries, yogurt and honey or agave syrup in a food processor for 20 seconds, and shazam! Watch it become a smooth ice-cream before your eyes. Scoop into bowls and enjoy!

In **Alvin and the Chipmunks – The Road Chip**, Theodore is famous for having a huge appetite and sweet tooth. Did you know it's really easy to make delicious desserts yourself? With the help of an adult, try out the recipes above for some super quick and yummy treats.