

Chocolate Mint ICE-CREAM

- 2 Cups cashew nuts
- 3 Cups water
- 1/4 Cup agave nectar
- ¼ tsp Himalayan rock salt
- ½ Cup raisins
- 1 tsp vanilla
- 2 Tbsp coconut oil
- 2 Big handful baby spinach leaves
- 1 Drop Peppermint oil

1. Blend all the ingredients in a super blender. To ensure a creamy texture it is advisable to use the Vitamix or Blendtech.
2. Pour mixture into ice-cream maker.
3. While it is freezing the cream, prepare the choc-chip syrup'

Choc -chip

- 1/3 Cup Cacao Butter
- 1/3 Cup Cacao Powder
- 3 Tbsp Agave nectar/honey
- ½Tsp Vanilla powder
- Pinch of salt

In a double boiler melt the cacao butter and stir in the remainder of the ingredients.

After 10 min pour the choc-chip sauce into ice-cream maker as it develops into delicious choc-chips.

Serve 6-8 people. Children love it!!

A scrumptious yet natural and nutritious dairy free ice cream, which contains no preservatives. This raw ice-cream is low in calories. Have you ever enjoyed ice-cream as a food and/or hors d'oeuvre with the peace of mind that it contains only good nutrients and building blocks?

Enjoy &



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