

# Real VANILLA ICE-CREAM

## Background:

No preservatives but only real food. "Butter and cream contain little lactose or casein and are usually well tolerated in their natural state, even by those who are lactose intolerant." *NOURISING TRADITIONS, p 33, Sally Fallon*

- 250 ml fresh raw Cream from pasture reared cows.
- 1/3 cup Xylitol
- 1 tsp Vanilla extract/powder
- 2 Large Eggs

1. Blend all the ingredients in a S-blade or super blender.
2. Pour mixture into ice-cream maker.
3. **Optional:** While the cream is being frozen, prepare the choc-chip syrup

## Optional - Choc -chip

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

Using 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.

Serves 5 people.

Enjoy &



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