

Coconut and Date Ice Cream

Serves: 4

Prep time: 20 minutes

Cook time: 6 hours chill time



2 serves per portion

Ingredients

250g pitted dates

400ml coconut cream, reduced fat

1 teaspoon vanilla extract

1-2 tablespoons maple syrup



Discretionary Food

Method

SOAK dates in boiled water for 10 minutes then drain.

ADD dates to a food processor and blend until a caramel-like paste forms. Scoop half of the date paste out and set aside.

ADD coconut cream, vanilla, and 1-2 tablespoons of maple syrup to the dates in the food processor. Blend until creamy and smooth.

TRANSFER to a mixing bowl, cover and chill in the fridge for 3-4 hours.

ADD the remaining blended dates in small spoonfuls and loosely stir to combine.

POUR into ice cream container, trying to evenly distribute the date swirls and tap to remove air bubbles.

FREEZE for at least 6 hours or until firm.

Recipe courtesy of the Country Kitchens team