

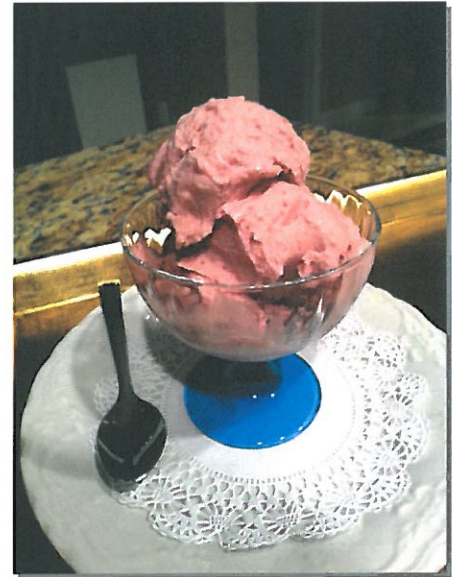


Strawberry Coconut Ice Cream

1 can (8 oz.) coconut milk
2 cups sliced and frozen strawberries
½ tsp pure organic vanilla extract
1/3 cup raw Coconut syrup or ½ cup
Coconut sugar
1 ½ cups ice cubes

Combine all ingredients and blend at high speed until liquefied and smooth.

Place mixture into Ice cream maker. Takes 15 min. or so to solidify.



Optional: Top with “Healthy Decadence” Chocolate Topping. *(See recipe)

Strawberries above can be replaced with raspberries, blueberries, mango slices. *(Best if frozen ahead of time)

***** This recipe is low-glycemic, the coconut milk is a natural antibiotic for the intestines and detoxifier for the brain.

635 Primera Blvd., Ste: 101
Lake Mary, FL 32746
407-333-1059