



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 5 mins

Cook time: 5 mins

Freezer time: 30-40 mins

Serves: makes 50 pieces

COCONUT ICE



INGREDIENTS

- 3 cups desiccated coconut
- 3/4 cup coconut milk
- 1/2 cup coconut oil
- 125g punnet of fresh raspberries
- 1/4 cup rice malt syrup
- 1 tsp vanilla essence

METHOD

- Line a 15cm x 25cm pan.
- In a saucepan add coconut oil, coconut milk, rice malt syrup and vanilla and heat slowly until combined.
- Remove from heat and mix in coconut.
- Press half the mixture into the prepared pan and freeze until just firm.
- In food processor, pulse raspberries until smooth, then mix with remaining coconut mixture.
- Press the pink mixture on top of the white frozen layer.
- Return to the freezer until firm, about 15-20 minutes.
- Cut into slices.