



CHERRY FROZEN DESSERT

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: Nil

Freezing time: 8 hours

Serves: 20 pieces



INGREDIENTS

- 500g coconut milk yoghurt, plain, unsweetened
- 10 large frozen cherries, roughly chopped
- 1 - 1 1/2 tbsp natvia, adjust for added sweetness
- 1 tbsp shredded coconut (unsweetened)
- 1/4 cup sugar free choc chips

METHOD

- Line a lamington tray with baking paper.
- Blend yoghurt, 4 cherries and natvia until combined and smooth.
- Pour onto prepared tin and shake to flatten evenly.
- Sprinkle remaining cherries, coconut and choc chips over the top.
- Top with shredded coconut.
- Freeze for a minimum of 8 hours, break up and store in the freezer.