



# Strawberry ice-cream

This recipe has been developed for Trade Aid by The Vegan Monster. To make your own ice-cream, you don't necessarily need dairy or refined sugar. You can achieve the same delicious, creamy texture simply by using cashews and dates. This recipe calls for only 4 ingredients and is easy to make. It also works with other berries or fruits. You can omit the cashews to achieve more of a sorbet style. You can either make it with a high-speed blender or an ice-cream maker. Please see instruction for both methods below. Makes approximately 1 litre.

## Ingredients:

3-4 cups	Strawberries (approx. 400g)	50g	Cashews*
3-4	Medjoul dates (pitted and finely diced)*	1/2 cup	Water

## Preparation with ice-cream maker:

1. Soak cashews in filtered water for at least 4 hours, then rinse and drain.
2. In a blender, blend all ingredients until smooth.
3. Transfer to ice-cream maker and let run until the mixture reaches the desired texture.
4. Serve immediately or transfer to a freezer-safe container. If you freeze it for longer, let thaw a little before serving.

## Preparation with high-speed blender:

1. Soak cashews in filtered water for at least 4 hours, then rinse and drain.
2. Make sure that the strawberries are completely frozen.
3. Blend cashews, dates and water until smooth.
4. Add frozen strawberries. Blend on medium to high-speed, using the tamper to press the strawberries into the blades of the blender. Blend until it has a (ice) creamy texture.
5. Serve immediately or transfer to a freezer-safe container. If you freeze it for longer, let thaw a little before serving.

**\*Find this ingredient at your local Trade Aid store or stockist.**

**See [www.tradeaid.org.nz/recipes](http://www.tradeaid.org.nz/recipes) for more recipes**