

Strawberry Raspberry Ice Cream

6 cups coconut or almond milk
1/2 cup pure maple syrup
8-10 frozen strawberries
2 cups frozen crushed raspberries

Add milk, syrup, strawberries to blender and blend until smooth. Pour into ice cream freezer and add raspberries. Mix until frozen,

Optional: To make this ice cream creamier, you may either add 1 cup of cashew, or blend the meat and milk from one young coconut and substitute it for some of the almond or coconut milk. The mixture of the two should be no more than 6 cups.

Makes 6 cups

This recipe is from Original Fast Foods by James and Colleen Simmons

