

HEALTHY SOFT ICE

You can have your soft ice and that without “assaulting” your metabolism or physiology. No added sugar and no dairy products!

AMOUNT: Serves 4

PREPARATION TIME: 10 minutes

EXPIRY: Should ideally be eaten right after preparation. But the soft ice will keep for a few hours if refrigerated or in the freezer. But do not freeze it all the way through, or you will get crystalization.

USE: Duh! As a dessert. Or mixed with plain yoghurt for a delicious brunch.

SMART TRICKS: The dates can be replaced with dried apricots, but other dried fruits will not work. You can leave out the banana or replace it with a mango. You can use any other nut oil instead of flaxseed oil, such as walnut oil, almond oil, hazelnut oil or coconut oil. A high-quality coldpressed canola oil will also do, as it has a very nutty flavour.

Consider sprinkling with almonds and raisins turned in pure cocoa powder and cinnamon.

KITCHEN EQUIPMENT IN ACTION: Your food processor. Do not try making this in a blender. The glass is too narrow, as there is very little liquid in the soft ice.

HEALTH BENEFITS: This soft ice is so healthy, it is not a matter of whether you can have it occasionally, but rather a matter of why you have not had your portion today. It is dairy-free, has no added sugar and no eggs.

YOU NEED

300 gr frozen berries (raspberries, strawberries, blueberries, blackberries or a mixture)

100-150 gr pitted dried dates

1 banana, peeled

2-3 tbs coldpressed unrefined flaxseed oil

a sprinkle of vanilla powder

½ tsp ground cinnamon

finely grated rind and freshly pressed juice of 1 organic orange or lemon

IT IS THIS EASY TO MAKE

Put all the ingredients in the large bowl of a food processor fitted with a cutting knife and process for a minute or two, until you have soft ice.

