



## INSTANT GELATO RASPBERRY

GF SF VEG

### SERVES 2

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2 cups frozen organic berries,  
plus extra to garnish

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3-4 tbsp natural yoghurt or coconut  
yoghurt

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½ tbsp raw local honey or rice malt  
syrup

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2-3 tbsp milk of choice

### Sprinkle ideas

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unsalted nuts of choice

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goji berries

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buckwheat groats

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cacao nibs

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These two “gelato” recipes are quite simply frozen fruit, whizzed up with a few extra goodies in a high-speed food processor. Creamy, sweet, luscious ... they satisfy that ice cream craving without any of the added sugars or fats. Serve in cups or cones, just as you would a gelato.

Place all ice cream ingredients, except the Sprinkles, in a high-powered food processor and blend until thick and creamy, like ice cream. Add extra yoghurt or milk if required, stopping to scrape down the sides as needed. before storing in a sealed container in the fridge - add your vanilla pod to the mixture here. Consume within 3-5 days or store in the freezer.

Finish with your choice of Sprinkles and eat immediately.