



### Tropical Ice Cream (vegan, gluten free, soy free, sugar free)

#### Ingredients:

- 1 small fresh pineapple
- 1 small fresh mango
- 2 fresh passion fruit
- ¼ cup refrigerated coconut cream
- Small dash of Himalaya or sea salt

#### Instructions:

1. Peel the pineapple and cut into chunks. Freeze in closed container for at least 5 hours or overnight.
2. Cube the mango – without the peel of course.
3. Cut the passion fruit in half and scoop the fleshy seeds into a closed container together with the mango. Freeze in closed container for at least 5 hours or overnight.
4. Place the frozen fruit and dash of salt into a food processor and mix on high until the mixture is pureed.
5. Now add the coconut cream just a little bit at a time until the mixture looks like – well – ice cream! (Don't worry if you add too much coconut cream – the worst case scenario is it turns into delicious milkshakes 😊.)
6. B'taavon!