

GreenSpirit



Enen (Grace - 6 years) & Didi (Jesse - 4 years) often conjures up their own "pure raw" recipes. Enen thought of this one "raw ice cream in the cone" when she's 5. Finally, I'm able to make my girl's raw recipe in Chicago!! It's not easy to get young coconut (in good price) and dehydrator (we don't own one) at the same time.

Pure Raw Ice Cream in the Cone

Tools: Blender, Dehydrator, Clever (large knife), Table spoon, Fridge & Freezer.

If you don't have young coconuts, it'll kind of work with bananas too. Magic about coconut wraps, it becomes crispy when cold (fill with ice cream) & soft when warm (by hand).

Ingredients (ice cream): 3 Kale leaves (optional), 3 mangoes, 2 young coconut meats, 2 Bananas, 1 cup coconut Water. Make about 2 pints.

Ingredients (cone): 3 young coconut meats, 1 cup of coconut water, 6 organic raw dates, 1 pinch of Himalayan Salt, 1 table spoon of Carob power (optional), 1 table spoon of flaxseed power. Make 12 small wraps.

Method:

1. Peel the Bananas, remove the mango seeds.

Open young coconuts, keep 2 cups of coconut water (drink the rest), scoop out the coconut meats with a spoon.

2. Blend (raw ice cream) all ingredients until smooth (yeah, just like making smoothies). Place in a container & freeze (at least for six hours).

3. Blend (raw cone) all ingredients until smooth. Spread on 2 non stick (telfa) sheets, and place in dehydrator at 100F (38C) for 12 hours. Turnover

halfway (at 6 hours). Cut each sheet of coconut leather into 6 small rectangle wrap. (Keep in fridge, if use later).

4. Fold each wrap into a cone shape. Fill the cones with raw ice cream (try other favours: strawberry, peach, pineapple).

5. ENJOY!!

By Chang-yu & Enen