

# Dairy free, lactose free, egg free, strawberry Ice cream



Great recipe for Ice cream if you have a sensitive gut.

Lovely for those summer days and can be enjoyed by everyone.



## Ingredients

### Serves 4

- 349g silken tofu (firm)
- 100ml rice milk
- 1tsp pure vanilla extract
- 350g strawberries
- 2dsp of golden caster sugar

## Method

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Place tofu into a mixing bowl and add vanilla extract, golden caster sugar and rice milk.

Mix with a hand mixer – it will look grainy in texture – keep calm and carry on!!!

Wash and chop strawberries and add to mix, then using a hand blender blend in strawberries.

Using a hand blender, blends the mix to a smooth paste and adds some air to the mix.

Place the mix in an ice-cream maker or a plastic container, if using a plastic container place in freezer and freeze for 1 hour.

Take the container out of the freezer after 1 hour and blend again.

Place container back in the freezer till the mix is frozen.

Can be made with sweetener if desired. This ice-cream is very solid if left overnight in the freezer – either eat it once lightly frozen or leave it out to defrost slightly before serving.

Has the texture of a granita.

Enjoy!