



Lakeland Natural Health

Strawberry Raspberry Treats

*Use Organic Ingredients when possible

Ingredients:

- ½ Cup Fresh Strawberries, roughly chopped
- ½ Cup Fresh Raspberries
- 3 Tbsp Maple Syrup
- 1 Tsp Vanilla Extract
- ¼ Cup Coconut Cream
- ¼ Cup Cashews, soaked for one hour
- 2 Tbsp Coconut Oil

Unsweetened shredded coconut, to garnish (optional)

Mini dark chocolate chips, to garnish (optional)

Instructions:

1. Add strawberries and raspberries to a blender and puree until smooth.
2. Then add maple syrup, vanilla, coconut cream, soaked cashews, and coconut oil and blend at the highest power for 10-15 seconds until smooth and creamy.
3. Now you can do two things: Either pour the mixture into silicone cups (we used Valentine's shaped molds) or pour the mixture onto parchment paper, smooth out and garnish with shredded coconut and chocolate chips.
4. Place in the freezer and freeze for 2+ hours. Serve immediately. Store leftovers in the freezer