



SPECIAL NEEDS

GLUTENFREE
VEGAN
SOYFREE
DAIRYFREE

HEALTH BENEFITS

SEROTONIN + DOPAMIN
DIABETES
CANCER
INFLAMMATION
GUT HEALTH
ALZHEIMER'S

(NO-CHURN) VEGAN CHOCOLATE NICE CREAM

Servings: 8 Time: 10 minutes +overnight freezing Tip: Add your own superfood ingredients

Raw cacao has one of the highest scores of flavonoids. Flavonoids are a specific subset of anti-oxidants and polyphenols that exhibit anti-inflammatory, anti-cancer, anti-hypertensive, and anti-aging properties. In addition to flavonoids, cocoa beans contain other antioxidants such as catechins, epicatechins and proanthocyanidins that may also account for some of the health benefits. Cacao consumption positively influences inflammatory pathways.

Reference: Mol Nutr Food Res. 2008 Nov;52(11):1340-8. Chocolate at heart: the anti-inflammatory impact of cocoa flavanols. Selmi C et al.

What's in it?

- 2 cans of coconut cream (full-fat)
- 1/2 cup = 125 ml nut milk
- 16 pitted medjool dates
- 10 tbsp. raw cacao
- Pinch sea salt

What to do?

- Add dates + 2 tbsp. hot water to food processor and blend til smooth, thick paste
- Drain and discard any water from coconut cans
- Pour coconut cream into bowl and whip til creamy
- Add remaining ingredients; whip til smooth
- Transfer to freezer safe container
- Freeze overnight
- Take out 10 minutes prior to serving

