

Coconut Ice Cream *supplied by Coconut Magic*

Coconut Ice Cream, made with Coconut Magic coconut oil and other healthy delights, it is so easy to make...you will fall in love again ♥

Ingredients:

2 cups raw cashews soaked for 3-4hrs
2 cups fresh coconut meat
1 cup fresh coconut water
1/2 cup raw agave nectar
1/2 cup **Coconut Magic** coconut oil
2 tbsp. vanilla extract
1/2 teaspoon sea salt (unprocessed)

1. Place coconut meat and water in a blender and mix until smooth.
2. Remove from blender.
3. Place rinsed and drained cashews in the blender, add just enough coconut mixture to cover the cashews and blend. Add remaining ingredients and process until smooth.
* If coconut oil is solid liquefy by placing the jar in hot water for a few minutes.
4. Place the mixture into a glass bowl and freeze for a few hours.
5. Add the mixture to an ice cream maker and then churn.
6. Sprinkle cacao powder, nuts, or fresh fruits on top if desired.



Coconut Oil is Mother Nature's Magic

Known as the 'healthiest and most versatile oil on earth', Coconut Magic's raw organic virgin coconut oil is gently extracted from freshly harvested coconuts grown on organic plantations in Thailand.

It is nature's richest source of medium chain fatty acids that offer incredible health benefits. It is pure and light, and can be used both internally and externally to create a naturally healthy, energetic and radiant lifestyle.

See Coconut Magic at the Sydney November Festival, Stand C30.

coconutmagic.com.au