

Roasted Strawberry, Coconut & Lime Ice Lolly



Profitability:

Steps:

Preheat the oven to 200 C (400 F). Place the hulled and halved strawberries in a baking tray. (If the strawberries are large, you may need to quarter them).

Lightly dust with corn flour using a sifter, make sure there are no clumps of corn flour.

Roast the strawberries for 30 minutes or until the juice is slightly caramelised.

Remove and allow to cool.

In a blender, add the coconut milk, coconut cream, coconut water, lime juice and half of the roasted strawberries. Blend until smooth.

Divide the remaining roasted strawberries between each icy pop mold.

Pour the blended coconut mixture into each icy pop mold to fill. Freeze overnight.

If you have excess mixture, you can store it in an airtight container in the fridge and make a second batch. Take the frozen ice lollies from the molds and store in an airtight container in the freezer; layer with baking paper so they don't stick together.

Ingredients:

2 heaped cups strawberries - hulled/halved

1 teaspoon cornflour

$\frac{3}{4}$ cup Coconut milk

$\frac{3}{4}$ cup Coconut water

$\frac{1}{2}$ cup Coconut cream

Lime juice of $\frac{1}{2}$ a lime

Ice lolly molds (600ml capacity. Double the recipe if you have larger or more molds to fill)

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