



# *Marithé's delicious recipes*

## **Strawberry and coconut milk ice cream** **NO EGGS, WHEAT FLOUR, MILK OR PEANUTS**

### INGREDIENTS

*using a cup as a measure*

- 2 cups of frozen strawberries,
- 1/2 cup sugar,
- 1/2 cup diluted coconut milk,
- 1/4 cup water.

### INSTRUCTIONS

- Put all the ingredients into a large bowl - strawberries, coconut milk, sugar.
- Using a blender, mix together to obtain a smooth cream.
- Pour the mixture into individual dishes
- Put in the freezer for 5 hours and serve this smooth ice cream...

Recipe by  
Marie-Thérèse ROTH



Internal medicine -  
Clinical Immunology  
and Allergology  
Hôpital Central  
29, Av. de Lattre de Tassigny  
54035 NANCY Cedex