

# Frosted Fusions



Keep Cool & Fuse The Flavours



## Strawberry & Date Ice Cream Recipe Card

*Naturally sweet strawberries & dates combine for a no-added-sugar treat that's fruity, creamy, and wholesome.*

### Ingredients:

- 400g ripe strawberries, hulled
- 6 Medjool dates, pitted & softened in hot water
- 200ml double cream
- 150ml whole milk
- 1 tsp vanilla extract



### Method:

1. Blend strawberries and dates into a smooth purée.
2. In a bowl, combine the purée with milk, cream, and vanilla. Mix until fully combined.
3. Chill mixture for 2–3 hours.
4. Churn in an ice cream maker, or freeze in a tub, stirring every hour until creamy and scoopable.
5. For extra flavour, ripple through a little strawberry purée or date caramel before freezing.
6. Freeze for 4+ hours, then scoop and enjoy.

### Tips & Notes:

- 💡 Use very ripe strawberries for the best natural sweetness.
- 💡 Add a squeeze of lemon for a brighter flavour.
- 💡 Swap half the cream for yoghurt for a lighter twist.
- 💡 Pairs beautifully with dark chocolate shards or a drizzle of balsamic glaze.

