

JUNE

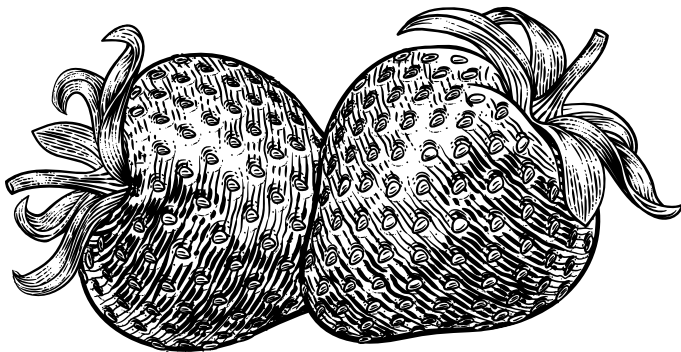
HARVEST OF THE MONTH: STRAWBERRY

STRAWBERRY ICE CREAM from Chef Carmen Karlsgodt

1 can coconut milk
1 can coconut cream
2 cups frozen
strawberries
1/2 cup agave

- 1) Blend ingredients until smooth.
- 2) Freeze (minimum of 4 hrs).
- 3) Scoop, garnish and enjoy!

GARNISH SUGGESTIONS:
Mint leaves, coconut flakes,
chia seeds, chopped nuts
or cacao nibs



For more delicious, plant-based recipes
follow Chef Carmen on Instagram
[@healthycon gusto!](https://www.instagram.com/healthycon gusto/)

