

roasted strawberries + coconut whipped cream

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

serves 4-6

ingredients:

1 can full-fat coconut milk, refrigerated overnight
1 tbsp maple syrup*
2 tsp vanilla bean paste
500g strawberries, halved
2 tbsp coconut oil*, melted
1 tbsp honey*

*Item not available online but is available in your local GoodFor store.

method:

Preheat the oven to 200 degrees. Place a bowl and electric beaters in the freezer for 5 minutes to chill (you can also use an immersion blender to whip the cream, just chill the blender stick and bowl in the freezer before using).

Remove the coconut milk from the fridge. Scoop out the solids from the can and place them in the chilled bowl (save the liquid for a smoothie or another use.) Add the maple syrup and vanilla paste to the bowl and using an electric beater, beat the mixture until smooth and fluffy. Taste test and adjust sweetness if necessary.

Toss the strawberries with the coconut oil and honey. Place on a baking tray lined with baking paper and roast in the oven until tender, about 10-15 minutes. Toss berries halfway through roasting.

Serve with the coconut whipped cream and hazelnut ginger crumble (below).

hazelnut ginger crumble ingredients:

1 cup hazelnuts, ground
1/2 cup oat flour
1/2 cup coconut flour
3 tbsp coconut oil*, melted
2 tbsp coconut sugar
2 tbsp maple syrup*
1 tbsp ginger powder
pinch salt

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hazelnut ginger crumble method:

Preheat the oven to 160 degrees. In a blender, quickly powder the hazelnuts into a course flour. Add the blended hazelnuts into a bowl and add all the remaining ingredients. Mix by hand and crumble onto a baking tray.

Cook for approx. 15 minutes or until golden and crunchy. Store any leftovers in a snap lock container.

