

## Berry Frozen Dessert

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Recipe type: Phase 3 • Dessert

Prep time: 10 mins    Total time: 10 mins

Serves: 4

### Ingredients

- 6 oz. frozen strawberries, raspberries, blackberries or blueberries or a combination
- 1 cup coconut milk, canned
- ¼ teaspoon sea salt
- 1 teaspoon vanilla
- 2-4 drops stevia, optional

### Instructions

1. Put the frozen berries into the food processor. Pulse several times until coarsely chopped.
2. Add the remaining ingredients. Pulse until smooth.
3. Place in a container and freeze for two hours before serving.

### Notes

This can be a Phase 1 recipe if you use canned coconut milk without guar gum as an ingredient. Natural Value Organic canned coconut milk is the one brand that we've been able to find that fits the bill. If you do make this for Phase 1 use any of the suggested berries, except strawberries, which don't come in until Phase 3.

Recipe by Recipes For Repair at <http://recipesforrepair.com/recipes/berry-frozen-dessert/>