

# *Date and Apple Mousse*

*This dessert is not only dairy free but also slightly alkaline forming. Freezes really well. Can be used like an ice cream substitute.*

## **Ingredients**

- 1 mug dried dates (soaked over night)
- 1 packet of creamed coconut
- 1 cooking apple
- 1 dessert apple
- ¼ teaspoon bicarbonate of soda (optional)
- ¼ teaspoon vanilla essence (optional)
- Pinch sea salt (optional)

## **Variations**

Add lemon rind or orange. Or substitute the dates for apricot for an apricot and orange mousse. Or add a table spoon of soaked cocoa nibs (soak for 4 hours) for that chocolate fix and sprinkle a few on the top.

Soak some extra dates for decorating on the top. If you soak the dates first and then freeze this produce a lovely texture when eaten straight from the freezer—giving you that toffee fudge ice cream fix!

## **Pre Preparation**

Peel and stew the apples. Leave to cool.

Soak dates in water over night— ensuring all the dates are covered.

## **Method**

1. Drain off the liquid and mash or liquidise the dates.
2. If the coconut oil is separated remove the fat from the creamed coconut then grate the remaining creamed coconut.
3. Add half the grated coconut (keep remaining for the topping)
4. Add 3 tablespoons stewed apple.
5. Add **just** 1 tablespoon of the date liquid to the remaining ingredients along with the optional salt, vanilla essence and bicarbonate of soda. Mix or liquidise well to a soft consistency.
6. Portion into 10 small tubs and sprinkle remaining grated coconut, decorate with some extra dates if you wish.
7. Freezes well or store in fridge for up to 3 days.