

# Apricot and Pear Mousse

*This dessert is not only dairy free but also slightly alkaline forming. Freezes really well. It can be used like an ice cream substitute and eaten straight from the freezer or add to a hot pudding such as crumble.*



## Ingredients

- 1 mug dried apricots (soaked over night)
- 1 packet of creamed coconut
- 2 pears peeled and stewed

## Variations

You could use apples instead of pears and then add a little almond essence for an apricot and almond mousse.

## Pre Preparation

Peel and stew the pears. Leave to cool.

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

## Method

1. Drain off the liquid and mash or liquidise the apricots.
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 pear.
5. Add **just** 1 tablespoon of the apricot liquid to the remaining ingredients. Mix or liquidise well to a soft consistency. Add more liquid if required.
6. Portion into 10 small tubs and sprinkle remaining grated coconut, decorate with some extra figs if you wish.
7. Freezes well or store in fridge for up to 3 days.