

Cashew Pear Ice Cream



Serves	4
Prep time	10 minutes
Cook time	2 hours
Total time	2 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
From book	Raw Food by Erica Palmerantz and Irmela Lilja

Ingredients

- 1 cup raw cashews
- 1 very ripe, large pear (peeled and chopped)
- 2 tablespoons water
- 1 teaspoon vanilla essence

Directions

1. Place the cashews in a food processor and blend until they are a flour-like consistency.
2. Add the pear and water and blend until creamy, adding more water if needed.
3. Add the vanilla and blend again.
4. Place in the freezer for a couple of hours before serving.

Note

Low Salicylates, Low Glutamates, Low Amines, Gluten Free, Dairy Free