

Sensational Strawberry Ice Cubes

4 oz. strawberries, stems removed
¼ cup Brown Rice Syrup, or Maple Syrup
¼ cup coconut milk
1 tsp. vanilla extract
Pinch of sea salt

Place all ingredients in a blender and puree until smooth.

Pour mixture into ice tray cubes and allow to set. (About 3 hours)

Makes approximately 8 – 10 tasty cubes.

While waiting for the Sensational Strawberry Cubes to set, why not make your own skin sensational?

Simply mash 2 or 3 fresh strawberries and mix with one Tbsp. plain (full fat) yogurt.

Please don't be tempted to eat this before it gets onto your face!

Relax, lie down, smooth the mixture onto your face and rest for 10 – 15 minutes. Then, rinse off with warm water. Look in the mirror and smile!

Strawberries contain *salicylic acid* and vitamin C which are very healing to acne-prone skin.

Original recipe by Karen Wang Diggs, Certified Nutrition Consultant & Therapeutic Chef

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