

# RAW CREAMY STRAWBERRY DESSERT



## INGREDIENTS

1/2 cup pitted dates  
1/2 cup water  
1 cup of avocado (about 2 avocados)  
1 1/2 cups of strawberries - either frozen or fresh.

*This is the most DELICIOUS pudding ever – and it's so healthy! You can freeze the strawberries to make it thicker and colder if you like, or just use them fresh. If your kids don't like avocado, just don't tell them it's in there, and they'll never notice!*

## METHOD

Soak dates overnight in water, or at least for a few hours until soft.

Place soaked dates, avocado and strawberries into a high powered food processor and blend until smooth.

Serve immediately in chilled glasses and enjoy by the pool!

## NOTES

Strawberries are in season so grab them while they are fresh but if you would like to make this a chilled gelato-type treat to cool down on a hot day then simply use frozen strawberries.

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Recipe from  
Jo Whitton - Quirky Cooking  
[quirkycooking.com.au](http://quirkycooking.com.au)