



# Six quick recipes for Summer

Refined sugar-free, gluten free

Brought to you by Mind the GAPS

## Strawberry ice-lollies

Pick, de-top and wash as many strawberries as you wish to use.

Place in the food processor and puree until liquid.

Add honey to taste.

Fill lolly moulds.

Place in the freezer until solid.

Super on a hot sticky day!

## Strawberry fondue

Melt 2oz (1/4 cup ) butter, 1/4 cup cocoa powder and 1/4 cup honey very gently in a saucepan.

Pour into a bowl and dip the strawberries into the mixture.

Eat them straight, or pop them in the fridge to harden the chocolate.

# Strawberry cream

100g strawberries

honey to taste

220ml (8 fl oz) cultured cream

Whisk the cream and honey together until soft peaks form.

Either puree, or mash the strawberries with a potato masher and carefully fold them into the cream with a metal spoon.

Share between four ramekins and refrigerate for a few hours before serving.

# Strawberry Jelly

100g fresh strawberries

1/4 cup honey

Water to make up to a pint

Gelatine to make a pint of liquid

Gently heat 1/4 pint water and honey until steaming. Add gelatine to water following instructions on the packet. Stir to melt gelatine.

Add gelatine water to pureed/mashed strawberries. Top up to a pint with water. Pour into moulds and refrigerate until set.

# Strawberry Muffins

1 cup diced courgette

1/2 coconut flour

1/4 cup honey

2 oz butter

3 eggs

1/4 cup strawberries

1/2 tsp baking soda

splash of vanilla



Place first two ingredients in the processor and mix until they resemble fine bread crumbs. Add the honey and melted butter. Mix briefly again.

Add the eggs and the strawberries and mix until incorporated - it's fine to have some strawberry chunks.

Add the baking soda and mix briefly to combine.

Either share mixture between 12 individual muffin cases, or use an 8x8 lined tin (12 portions)

Bake 25 mins. 350 (F.) Gas 4, 180(C.) 160(fan)

Delicious served with soured cream and fresh strawberries!

# Strawberry Smoothie

There are lots of variations - add what you fancy. Make up your own! Add an ice-cube if it's really hot! Enjoy!

Basic: take a glass of milk kefir and add 3 big strawberries, a dash of GAPS legal vanilla flavouring and a dash of honey. Blend until smooth.

Creamy Basic: take 3/4 glass milk kefir and add 3 strawberries, 2 tablespoons of soured cream, honey, a raw pastured egg yolk and a dash of vanilla. Blend until smooth.

Luxurious: take 1/2 glass milk kefir, add 3 big strawberries, 2 tablespoons soured cream, a dash of honey and vanilla and one ripe banana. Blend until smooth.