



Baobab Frozen Cream

Senegal

1-3/4 cups water

3/4 cup Baobab fruit powder

1 teaspoon coconut extract

1/4 cup orange or mango juice

2/3 cup light agave

1 teaspoon salt

1 teaspoon cinnamon

1 teaspoon nutmeg

1/2 Tablespoon vanilla extract

1 pint heavy whipping cream, chilled

Garnish: As desired: blueberries, chocolate sauce, shredded coconut, or candied mango

In a large bowl, mix water and baobab fruit powder until smooth. Stir in coconut extract, orange juice and agave sweetener, salt, cinnamon, nutmeg, and vanilla. Mix well; chill in refrigerator.

In cold mixing bowl, whip heavy cream until creamy “chantilly-like consistency. Fold the chilled baobab mixture into whipped cream.

Process filling in ice cream maker according to company directions. Place in freezer container until serving. Serve in scoops as desired.

African method alternate directions - take individual pint size plastic bags; fill with cream mixture; twist top, and tie a piece of kitchen twine around top to seal forming desired shape. Place in freezer until firm, about 3 hours. To serve: remove the plastic bags; place in serving dishes.

Serve as desired with sweet fruits, syrup, or liquors. Serve dollops of frozen cream in dessert glasses; drizzle with chocolate; garnish with shredded coconut.

Serves: about 4 to 6

About the Recipe: Whip up the frosty cream in your ice cream maker, or make it African style. Whipped cream is folded into a chilled baobab flavored base and packed inside small plastic bags that you can shape to the size of your serving dishes. It's so easy. Just bag it; throw it in the freezer, and enjoy a quick frozen cream in three hours. Serve it with sweet berries or your favorite sweet drizzle.

Note: Just let the frozen cream melt and you have a delicious dessert sauce to serve with the Baobab Banana chocolate Coconut Cakes.

About the Special Ingredient: Baobab also called “monkey bread” tastes a little like pears, vanilla, or a grapefruit but really has its own acid like notes. It’s a great source of vitamin B, six times more vitamin C as oranges, and more antioxidants than you can count. The tree that produces this fruit is called the “tree of life.” since it provides clothing, shelter, and food for people in Madagascar and in Africa.