

**HU**

## **HEALTHY WINTER ICE CREAM**

### **Roasted pumpkin and apple winter ice cream recipe**

Here in Hungary it is well known winter ice cream, which is some chococream in an ice cream cone served in autumn or in winter time. In Messzelátó Association We made with three types of squash (Canadian, Hokkaido, Kombucha) so the taste was really exciting and local type of apples. Were purchased all from a local producer and do this recipe when squash and apple is in season! Also to this recipe there is no added sugar, dairy product.

For 5-6 people you need:

- 1 medium pumpkin
- 5-6 apples (sweeter, less watery variety)
- Spices of your choice, it worked well for us: cinnamon, cardamom, cloves, anise and pepper (so gingerbread spices)
- 1 tbsp coconut butter (optional for creaminess)
- Little water

The secret to a good bake the apples and pumpkins so long that they are caramelized! After baking put the entire ingredient in a bowl and mix it together with a blender. Chill it and serve it with homemade caramel and roasted pumpkinseeds on the top.