

Foodnity Recipes

# Easy Strawberry Dole Whip

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|---|---|---|
| **10 min**<br>Prep time | **5 min**<br>Cook time | **15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 cups fresh strawberries, hulled
- [ ] 1 cup light coconut milk
- [ ] 1/4 cup granulated sugar
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 teaspoon vanilla extract
- [ ] 2 cups crushed ice

## Instructions

1. Wash the strawberries, remove the stems, and puree them in a blender until smooth.
2. Add coconut milk, sugar, lemon juice, and vanilla to the puree; blend again until fully incorporated.
3. Gradually add crushed ice while the blender runs on high, watching the mixture turn airy and fluffy.
4. Taste and adjust sweetness if needed; blend a few seconds more.
5. Serve immediately in chilled glasses, garnish with a strawberry slice and a sprig of mint.

### Nutrition per serving

| 190 kcal | 2 g | 30 g | 6 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the mixture is too thick, add a splash more coconut milk.
- For a richer flavor, let the puree rest for 5 minutes before blending with ice.
- A pinch of sea salt can deepen the strawberry sweetness.