

Coconut Pandan Pancake (Dadar Gulung) with Mint Ice Cream



Makes 5 large

You'll need: blender, food processor, dehydrator

Preparation time: 1 hour

Total time: 8 - 9 hours

Ingredients for pancake:

1 cup dried nut milk pulp

1/2 cup finely shredded dried coconut

- Combine the ingredients in the food processor and process into fine flour

7 ripe banana

3 tbsp pandan juice*

1 tsp wheatgrass powder

- Add the remaining ingredients and process until well combined
- Pour the mixture onto your non-stick dehydrator sheets
- Spread the mixture evenly into pancake shape. They should be about 1/4 inch thick.
- Dehydrate for about 7- 8 hours on 115°F.

Ingredients for filling:

approximately 3 cup freshly grated coconut

(made from 1 coconut)

3 tbsp coconut palm sugar

1/4 cup warm filtered water

3- 4 tbsp coconut nectar

1 tbsp pandan juice*

1 tsp lime juice

Avocado & Mint Ice Cream

Makes 2 big servings

Ingredients:

2 avocado (frozen)

1 ripe banana (frozen)

1/2 cup fresh young coconut meat (frozen)

1/2 cup coconut water

handful fresh mint

- Blend the ingredients together in a high speed blender

1/4 cup cacao nibs

- Add cacao nibs and pulse a few times

Ingredients for Pandan juice:

6 pandan leaves

1/3 cup filtered water

- Cut washed pandan leaves into 1/2" segments
- Combine leaves with 1/3 cup of water in a high speed blender and blend about 30 seconds.
- Strain the pandan juice/paste through a cheesecloth or a fine mesh strainer until you have extracted all of the juice.
- Collect the juice in a small bowl (you should have approximately 1/3 cup pandan juice which will be used in the recipe)