



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

Heart-healthy eating with Marketa Schellenberg

TROPICAL CUP



• We wish you bon appetit! •

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TROPICAL CUP

(vegan, lactose free, gluten free)

Serves 4 – 6 as a dessert, or 10 – 12 as a small sample

Ingredients

250 grams	coconut milk	Fresh fruit to taste:
250 ml	rice milk or soy milk	apples, pears, grapes
40 grams	raw cane sugar	tangerines, oranges, bananas
35 grams	wholemeal rice flour	papaya, pineapple, mango
20 grams	vegan dark chocolate (85% cocoa)	kiwi, pomegranate seeds
1 pinch	ground vanilla or	2-3 tbs rapeseed oil for frying
½	vanilla bean	coconut flakes to taste
1 pinch	ground tonka bean	
200 grams	mango puree	

To prepare the tropical cup

Pour 100 ml rice milk into a bowl. Bring the remaining milk and the coconut milk to a light boil in a large pot, stirring frequently. Add ground vanilla or vanilla pulp and grated tonka bean. While the liquids are coming to a simmer, mix the rice flour into the cold rice drink. As soon as the liquids are simmering, add the sugar. Then add the flour mixture, stirring constantly. Bring to a light boil and allow to simmer for an additional 2 minutes.

Cut the chocolate into pieces and add to mixture, allowing the chocolate to melt. Remove the pot from the stove and cool off as quickly as possible in a cold water bath, stirring occasionally. Wash or peel fruit, as needed. Dice the fruit and mix together in a bowl. Serve the fruit salad in dessert bowls, topped with cooled crème sauce. Top with a small amount of mango puree. Garnish with fresh fruit or coconut flakes as desired.

The health factor

This dessert combines fresh fruit that are rich in vitamins with a light sauce made of whole grain – a combination that boosts iron absorption from the grains. The dessert has no animal fat and is low in calories, but rich in flavor. Because of the sweetness of the fruit, it needs no added refined sugar. The soy-chocolate crème also makes an excellent school snack. Vary the recipe by using your favorite fruits, or an exotic fruit that you've never tasted before. Colorful variety is healthy! The dish is vegan, lactose free, and gluten-free. Contains soy if soy milk is used.