

Recipes and Tips



Ice Cream with Olive Oil and Dates

Yield:1 serving

- 2 teaspoons extra-virgin olive oil (the more flavourful the better)
- 1 Medjool date, pitted and torn into 3 or 4 pieces
- 1 to 2 scoops vanilla ice cream
- Flaky sea salt

In a small skillet, heat the oil and date over medium. Once sizzling, 1 to 2 minutes, turn off the heat.

Scoop the ice cream into a bowl, then scrape the dates and all of the oil on top. Sprinkle with a pinch of flaky sea salt.