



pineapple tree
tomato milkshake
with date syrup

Sometimes all you need to make your day better is something sunny and mellow! And for today, my pineapple and tree tomato milkshake is it!!!



Ingredients

1 cup of pineapples	1/2 a teaspoon of finely chopped rosemary
1 cup of tree tomato	1/2 a cup of dates
2 scoops of vanilla icecream	1/2 a cup of water

Method

In a small bowl, add the dated and soak them for about two hours or overnight. Once the dates have softened, let them simmer for about 15 minutes together with the rosemary. Sieve this and return the resultant liquid into the sufuria and simmer on low heat until thickened. Set aside.

In your blender, add the ice-cream, the pineapple and tree tomato and blend until completely combined. Ladle this into your glass. Once half way, add the date syrup, I added mine at the top only this time round. Fill to the top, add some fresh fruit , finely chopped and drizzle more date syrup on top.

Serve.



SERVE WITH: on it's own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/pineale-tree-tomato-date-syrup-milkshake/>