

Less than 1 hour

Serves 4 (Makes 2 cups rose syrup)

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Ingredients

Rose syrup:

- 2 cups (500ml) water
- 1 cup (250ml) brown sugar (or xylitol or Sweetly)
- ½ cup (125ml) dried rose petals
  
- 2 Tbsp (30ml) falooda (basil seeds) or chia seeds
- 3 Tbsp (45ml) water
- 4 cups (1L) milk
- 1 Tbsp (15ml) rose water

For serving:

- Fresh raspberries
- Vanilla ice cream (about 8 scoops)
- Toasted almond flakes

Method

1. Combine rose syrup ingredients in a saucepan and bring to a gentle simmer, stirring until sugar has dissolved.
2. Remove from heat and leave to infuse for 30-45 minutes.
3. Strain and cool syrup before pouring into a jar (or a glass bottle or airtight container).
4. Combine falooda (or chia) seeds and water in a bowl and soak for 5-8 minutes.
5. Mix together milk and rose water in a separate bowl.
6. Layer 4 tall glasses with a few raspberries, a tablespoon of rose syrup and a scoop of ice cream.
7. Divide falooda or chia seeds between glasses and top up with the rose milk and another

scoop of ice cream.

8. Finish off with toasted almonds and more raspberries. Serve.

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