



Mango Ice Cream

Ingredients

- 2 fresh, ripe mangos
- 1 cup white sugar
- 3 T coconut milk
- 1 t. lemon juice
- 1 small container whipping cream (about 1 cup)

Directions

- Slice the mangos open and scoop out fruit from the skins.
- Place the fruit in a food processor or blender. Add the sugar and blitz for 1 minute, or until sugar has dissolved and you are left with a delicious mango puree.
- Add the coconut milk and lemon juice, and briefly blitz to combine (a few seconds).
- Pour the mango puree into a bowl or container while you continue to use your processor/blender.
- Scrape down the sides and bottom with a rubber spatula to remove as much of the puree as possible.
- Now pour the whipping cream into the processor/blender. Blitz until the cream forms stiff peaks, or is quite stiff (not runny) when dipped into with your finger.
- Add the mango puree to the whipped cream and blitz 5 to 10 seconds, or until you get a good mango-cream consistency. Pour into a large yogurt container or ice cream tub and set in the freezer for at least 6 hours, preferably 8.
- Serve in bowls, or scoop into ice cream cones. (To make scooping easier, take the sorbet out of the freezer 10 to 15 minutes ahead of time).