

Mango "ice cream"



Makes 500ml of ice cream

110 Cals per 100ml

Ingredients:

300gm of ripe fresh or frozen mango flesh
1 can of Carnation Light Evaporated Milk

Blend mango and Light evaporated milk in a blender or using a stick blender.
Place in freezer for 6+ hours until set.

Hint: place can in freezer the night before and use frozen mango flesh – it makes the mix "fluffier" and does not require as long to set (as little as 2 hours!)

Can be topped with fresh passion fruit for a tropical feel.

If the mango is not sweet enough, Rice Malt Syrup can be added, just remember to include the calories.

Dairy Free Variation: (makes 500ml, 68 cals per 100ml)

300gm of mango flesh
1 ½ cups of unsweetened almond milk
1 tablespoon of rice malt syrup

Blend all ingredients together and freeze. This version comes out more like a sorbet than ice cream, but is just as yummy!