

## Mango Nice Cream

*oil free, dairy free, gluten-free, vegan*

**PREP TIME:** 2 minutes

**TOTAL TIME:** 2 minutes

**SERVINGS:** 1

### INGREDIENTS

**2 cups frozen Mango Chunks**

**1/2 medium Banana** (optional for sweetness)

**1-2 tablespoons plant Milk** (or milk of choice, optional)

**Fresh diced Mango, fresh Mint, Chocolate Chips, chopped Nuts, and/or Granola** (optional for garnish)



### INSTRUCTIONS

1. Add mango chunks (and banana if using) to a high-speed blender or food processor and blend on medium speed until chunks are broken down into smaller pieces, about 1 minute. Use tamper as needed; you may also need to stop and scrape the sides down once or twice.
2. Continue to blend on medium-high speed for additional 30-60 seconds or until smooth. (Here you may choose to add a splash of milk for a slightly creamier texture, just be sure not to add too much or it will make it runny.)
3. Serve immediately or freeze in a parchment-paper-lined container for 30-60 minutes for a firmer nice cream.

### NOTES

- Enjoy as is or get creative with garnishes, like fresh mint, chocolate chips, fresh diced mango, chopped nuts or granola!
- Instead of banana, or for additional sweetness, you may also try using a bit of agave, liquid stevia, maple syrup or honey.