

Deep Mango & Coconut Freeze (Mango Ice Cream)

Serves: 6

Ingredients:

3 cups of peeled mango or papaya, sliced into cubes
1 can full fat coconut milk
Dash of stevia, yacon syrup or monk fruit sweetener
optional 1 tsp. ginger grated

Method:

Freeze mango cubes.

Add to blender along with coconut milk and a tiny bit of stevia, yacon syrup or monk fruit to taste (IF needed).

Pour into Pyrex.

Freeze for 1 hour.

Remove and wait 20 minutes to soften before spooning into serving bowls.

*Optional: Top with cacao nibs, toasted coconut shavings or pistachios!