

# Mango Banana Ice-Cream

Mango and banana go so well together. A healthy dessert the whole family will love.

## Categories

Gluten-free

Yields: 2 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Moderate to progressive

Vegan experience: Some experience

Preparation style: Raw



## Ingredients

Banana, fresh	1 medium - 7" to 7 7/8" long
Mango, fresh	0.5 each
Soy milk, plain or original, unsweetened, ready-to-drink, enriched	0.5 cup
Vanilla extract	0.5 teaspoon

## Instructions

Peel banana and slice into pieces. Peel mango and slice into pieces. Place both in a glass container and put in the freezer overnight.

In a high powered blender, with a tamper, add frozen fruit, soy milk (or other nut milk) and vanilla extract. Blend until solids are smooth but don't over blend otherwise the fruit gets warmer and is more like a smoothie than ice cream. It should be like a soft ice cream consistency. A tamper helps otherwise you will have to keep stopping the blender and stirring the contents. Vitamix works well.

Top with fresh fruit.