



A blast of the tropics in a frozen treat! This mango ice cream is dairy free and has an intense mango and coconut flavor in every bite. Frozen mangos can be used if fresh are not available. Decorate with toasted coconut for added crunch.

Mango Ice Cream

Ingredients

2 fresh mangos (or 3 cups frozen)
2 tbsp maple syrup
1 tsp vanilla extract
3/4 cup coconut milk (14 oz can)
2 tbsp coconut milk liquid

Instructions

Peel and chop the mangos into small pieces. Using a spoon remove some of the coconut puree and add to the mangos. You will see the liquid form in the center of the can. Add two tablespoons of this liquid into the ice cream and discard the rest. Add the remaining coconut puree along with the vanilla extract. Add the maple syrup to add a bit more sweetness.

Mix all the ingredients together (your mix will turn a bit orange from the mango). Place in 4 ramekins and cover with wax paper to prevent crystals from forming and then wrap in saran wrap. Freeze until completely frozen. The mixture is quite solid when frozen, so allow it to rest at room temperature for at least 20 minutes before serving.

Serves 4.