



Makes 2½ cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

6 pitted Medjool dates or 12
Deglet Noor dates (3 oz.)

¼ cup freeze-dried bananas,
chopped

1 tablespoon chopped
macadamia nuts

1 tablespoon unsweetened
coconut flakes, toasted

2 large bananas, thinly sliced
and frozen (2 cups) (see tip,
recipe intro)

2 cups frozen mango chunks

1 tablespoon tahini

½ teaspoon ground turmeric

⅛ teaspoon sea salt

Pinch freshly ground black
pepper

Mango Date Nice Cream

This deep-gold mango **nice cream** is easy to whip up, and a handful of extra ingredients elevate the flavor beautifully. Dates give an extra dose of sweetness, tahini enriches the texture, and **turmeric** deepens the golden hue, bringing antioxidant and anti-inflammatory benefits along with it. You may not taste the black pepper, but don't leave it out: Black pepper is shown to increase the bioavailability of the curcumin in turmeric. Finish this tropical date ice cream with a garnish of toasted coconut flakes, chopped macadamia nuts, and freeze-dried banana.

Tips

How to freeze bananas: Spread banana slices on a parchment paper-lined baking sheet and freeze until firm. Transfer slices to a resealable plastic bag to use whenever you like.

For more inspiration, check out these tasty ideas:

- [2-Ingredient Chocolate Banana Ice Cream](#)
- [Mango Ice Cream](#)
- [Strawberry-Lemonade Nice Cream](#)
- Or check out our full round-up for [nice cream recipes](#).

By Kathryn Johnson, RDN, LD

- 1 Soak dates in enough boiling water to cover 10 minutes; drain well.
- 2 Meanwhile, stir together dried bananas, macadamia nuts, and coconut flakes.
- 3 In a food processor or high-power blender combine dates and the remaining ingredients. Process until smooth. Serve immediately for a soft-serve texture, or transfer to a freezer-safe container and freeze 1 to 2 hours for a firmer ice cream texture. Top servings with banana- nut mixture.