



Makes 6 cups
Preparation Time: 5 minutes
Cook Time: 10 minutes

INGREDIENTS:

4 cups frozen mango chunks, or
4 medium mangoes (3 lb.),
peeled and cut into large chunks
(see headnote)

1 banana, cut into large chunks

Ground cardamom or paprika
(optional)

Mango Ice Cream

Frozen mangoes and banana make a shockingly creamy **nice cream**. Garnish this Mango Ice Cream with chopped fresh mango and a sprinkle of cardamom for a bit of Indian flavor or paprika for a Mexican twist.

If using fresh mango: Line a baking sheet with a silicone mat. Spread mango chunks onto mat. Cover and freeze at least 6 hours or overnight; then proceed with Step 1 of instructions.

By Darshana Thacker Wendel

- 1** Remove mango from freezer and let stand 10 minutes to soften slightly. Transfer mango and banana chunks to a food processor; cover and pulse until broken into small pieces. Continue processing until smooth and creamy.
- 2** Serve immediately, or transfer mixture to a freezer container and freeze until ready to serve. If desired, top servings with additional mango and sprinkle with cardamom or paprika.