

Mango Banana Ice Cream

Makes
6 servings
Prep time
15 minutes
Low in
Fat

Ingredients:
3 ripe bananas, sliced and frozen
2 cups ripe mango, cubed and frozen
1/4 cup low- or non-fat milk
1 Tbsp. honey
1 tsp. vanilla extract
1/8 tsp. salt
2 tsp. kalamansi or lime juice

Nutrition Facts

6 servings per container
Serving size 1/2 cup (130g)

Amount per serving
Calories **100**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 323mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Freeze the bananas and mangos ahead of time. For ease, freeze for at least 4 hours in a single layer on a baking sheet or in a freezer bag.
2. In a blender or food processor, combine all ingredients and blend until smooth and creamy.
3. Serve immediately and enjoy. Freeze any leftovers.

