



The Health & Wellbeing Studio

T 1300 651 936 E enquiries@hwstudio.com.au

A Lev. 1, 1160 Toorak Rd, Camberwell VIC 3124

Mango Mint Nice-Cream

Summer is coming, and that means, so is the neighbourhood ice-cream van! If you or your little one has trouble with dairy, try this dairy-free 'nice-cream' that you can whip up before anyone can find where the music is coming from.

Pre-prepare your ingredients by buying ripe mangos in season (and on special!), chop them up and keep in the freezer ready to go. Play around with different fruit combinations that you and your kids love for a refreshing treat.

With the added bonus of antioxidants and fibre not normally found in ice cream, this is a fun way of getting in some extra nutrition. Plus, a perfect pair of the vitamin A from the mango, and fats found in the coconut milk that not only add a delicious creaminess, but helps to absorb this fat-soluble vitamin. Having trouble taking supplements? Mix them in with this nice cream (think probiotic powders, slippery elm powder for gut healing and other powder based nutrients - Speak to your health care practitioner before using supplements).

- Family friendly
- Gluten free
- Grain Free
- Low amine options
- Cooking with Kids
- Nut Free
- Low Oxalate
- Low salicylate options
- Dairy Free
- Lactose Free
- Vegetarian
- Low FODMAP options
- Vegan
- Sweet Treat
- GAPS friendly

Preparations time: 5mins

Setting time: 30mins

Serves: 2-4 depending on

Ingredients

- 2 ripe mangos, peeled and seed removed, frozen
- 6 fresh mint leaves
- 2 tbsp coconut milk (or milk of choice)

Instructions

1. Combine the frozen mango flesh, mint and coconut milk in a blender or food processor and blend until smooth.
2. The nice cream should be ready to eat immediately, but may be put in the freezer for a chance to firm up.
3. Once frozen, you can also add back into the blender for added creaminess.

Alternatives

If your mangos are ripe, the final product should be sweet enough, however add in a touch of maple syrup or honey to taste if desired.

For low salicylate nice cream, replace the coconut milk with yoghurt, and replace the mango with banana or papaya.

For FODMAP friendly nice cream, swap the mango for banana and cinnamon, or kiwi fruit. Sweeten with maple or rice malt syrup.

For a low amine option, swap the mango for nectarine or peach. Swap the coconut milk for rice milk or dairy if tolerated.