

# ***3 Ingredients only Ice cream***

**Mango | Manuka Honey | Coconut Ice cream**  
(Single scoops approx 16)

## **INGREDIENTS**

450g frozen mango pieces  
400ml Coconut Milk  
85g Raw Manuka Honey\*

## **METHOD**

1. Blend frozen mango in food processor
2. Add Coconut milk and honey and blend until smooth and creamy.
3. Pour in a medium roasting dish so the ice cream is about 2cm high, cover with clingfilm and freeze for approx. 2 hours until just set.
4. Return mixture to your food processor and blend again until smooth and creamy.
5. Set in an old ice cream container or in a loaf tin lined with baking paper. Cover and return to the freezer and leave for 3-4 hours until firm enough to scoop.
6. Serve with baked apples for a delicious healthy dessert.

\* Any honey can be used but Manuka gives it a more distinctive flavour

