



# mango coconut ice cream

serves 4 - dairy free, gluten free, vegan, vegetarian

350g mango flesh, roughly  
chopped and frozen  
1 banana, halved and frozen  
100g coconut cream

1. Place mango, banana and coconut cream in TM bowl, process for 1 minute, speed 9, assisting with spatula if necessary.

Serve immediately, or for firmer scoops transfer to a plastic container and freeze for a further hour.

Variation: For a more intense banana flavour, use more banana and less mango. For every extra banana added, reduce mango by 100g.

[online only recipe](#)