



## Mango Ice Cream

### INGREDIENTS:

2 whole	Mangoes large, ripe, peeled and cored
1 cup	Sugar
1 Tablespoon	Lemon juice
3 Tablespoons	Coconut milk, lite
1 (16-ounce)	Cool Whip, lite or fat free, thawed

### PREPARATION:

- Plan ahead and freeze ice cream bowl.
- In food processor, process ripe mangoes and sugar.
- Then mix in coconut milk and lemon juice.
- Pulse in thawed cool whip. (Do not over work the cool whip, or fold cool whip by hand into mango mixture.)
- Then place in ice cream freezer bowl, and turn until thick and semi frozen.
- Enjoy with more fresh ripe mangoes, or a small tuile cookie.

**Chef's Note:** You may substitute the sugar for a low calorie sweetener, however, it will alter the taste.

**Number of Serving: 24**

**Serving Size: approx ¼ cup**

**Calories: 75**

**Fat: 2**

