



Banana Mango Ice Cream

Ingredients:

- 4 very ripe bananas
- 1 mango

Directions:

1. Peel the mango and bananas. Chop them into small pieces and place in zip top bag.
2. Seal and freeze for four hours or longer.
3. Remove fruit from freezer and allow to sit at room temperature for 15 minutes to soften.
4. Blend fruit in food processor until texture is similar to soft serve ice cream.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>