

Mango & Honey Ice Cream

Elegant, simple, healthy and delicious. You can also add a fresh peach to the batch for added pizzazz!

Serves 6-8

Ingredients:

meat from two young coconuts
1 C coconut milk
2 ripe mangos
1 ripe banana
1 C fresh pineapple, diced
2 C almond milk
1/2 C raw honey
4 T coconut butter/oil
1 t pure vanilla extract
juice of 1/2 lemon
1/2 t sea salt



Preparation:

Place all ingredients into a VitaMix blender or food processor and blend until perfectly smooth. Remove from processor and place in ice cream freezer Follow freezer instructions. You may also just put the ice cream in your freezer and stir it every hour for about 3 hours until set firm.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

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