

Mango Blueberry Ice Cream



This is another healthy ice cream. The blueberries provide high antioxidant levels. The mango is a good source of vitamin C, and the optional cacao nibs add Magnesium, an important nutrient for people with brain trauma, as it calms the brain.

Ingredient List:

- ✎ 1 large ripe mango
- ✎ 1.5 cups frozen blueberries
- ✎ **Optional:** 1 teaspoon cacao nibs

Preparing the Ingredients:

- ✎ Preparing the mango:
 - Process the mango as shown on the next page, steps 1 through 6
- ✎ Measure 1.5 cups frozen blueberries
- ✎ **Optional:** Measure 1 teaspoon cacao nibs

Preparing the Dish:

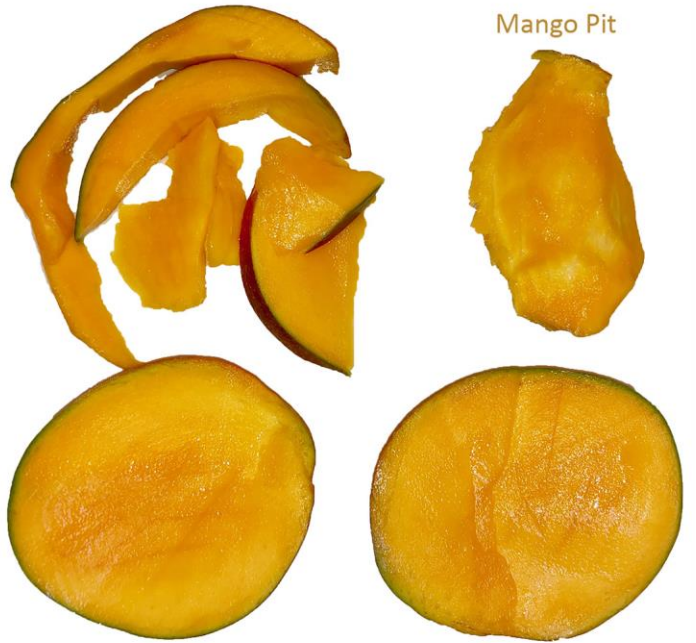
- ✎ Add the mango and blueberries to the food processor
- ✎ Pulse the food processor until the mango and blueberries are well mixed, but still a bit chunky, so one can taste the fruits.
- ✎ Remove the ice cream from the food processor
- ✎ **Optional:** mix in the cacao nibs before serving.
- ✎ Serve immediately or freeze as popsicles.



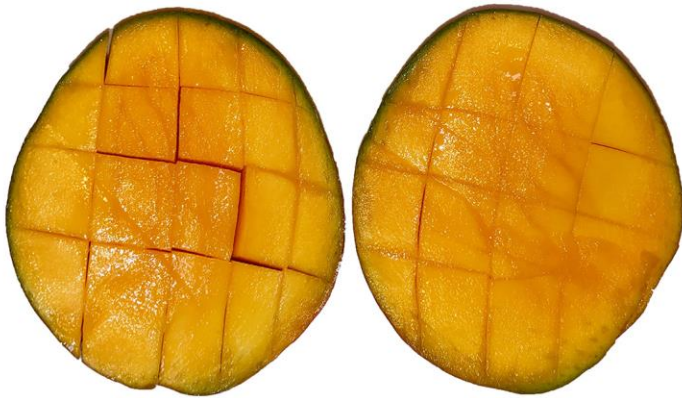
Step 1: Wash and dry mango



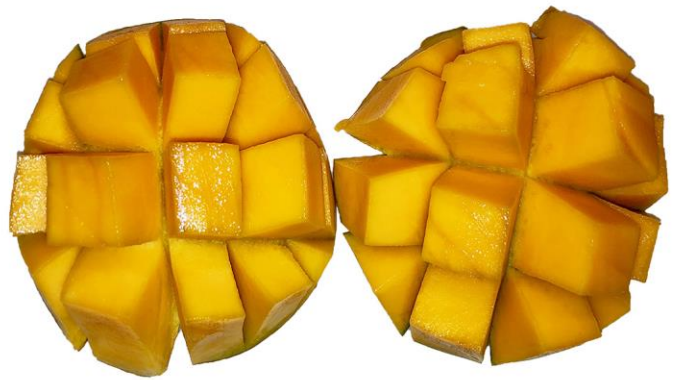
Step 2: Slice the mango



Step 3: Separate mango pit



Step 4: Cut cubes



Step 5: invert mango peel to easily remove cubes



Step 5: Mango cubes and leftover peel

MANGO PROCESSING STEPS