



# Mamey Sapote Nice Cream

*Recipe created by Carlene McIntyre*

Mamey has a flavor that's been described as a blend of sweet potato, pumpkin, & apricot. It has a soft texture, similar to custard. Blended with bananas and a little vanilla bean powder, it makes a tasty, creamy nice cream 😊 This recipe makes 2 to 4 servings.

## Ingredients

- 1½ cups fully ripe mamey, cut into chunks and frozen
- 1 very ripe banana, sliced and frozen
- 1 very ripe banana, sliced (not frozen)
- ½ tsp vanilla bean powder
- Unsweetened plant milk, (optional, only if needed)
- 1-2 tsp date syrup (optional, if desired)

## Preparation

1. Slice the room-temperature banana & add to a high-speed blender.
2. Add the frozen banana, frozen mamey, and vanilla bean powder to the blender & blend until smooth.
3. Enjoy!

## Notes

- Add a little plant milk if you have a problem getting the ingredients to blend smoothly.
- If you like very sweet nice cream, add 1 or 2 teaspoons of date syrup to the blender. (Taste the mixture before you do this. It's plenty sweet enough for me without date syrup.)
- Store leftover nice cream in the freezer.