

Mango Ice Cream

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
mango	20 oz (2.5 cups)	peeled and cubed
granulated sugar	½ cup	
sea salt	1/8 tsp	
water	1/8 cup	
lemon juice	2 TBLSP (about 1 lemon)	
whole milk	¾ cup	
heavy cream	2/3 cup	

- In a small saucepan, dissolve the sugar & salt in the water.
- In a large blender, puree the mango with the salted sugar water and lemon juice.
- Gently blend in the milk, then after that is blended, add the cream over low speed. Taste to determine whether it needs more lemon juice or sugar.
- Refrigerate the mixture for at least an hour before churning in a pre-chilled ice cream maker for about 35 minutes.