

Tropical Nice Cream with Guanabana

Ingredients:

2 frozen bananas sliced
2 cup frozen mangoes cubed (one 10oz frozen mango bag)
7oz guanabana fruit pulp (1/2 the frozen pulp bag)
1/4 cup Brazil nuts
1/4 cup golden raisins
1/4 tsp salt



Nutrition Facts

8 servings per container	
Serving size	1/2 cup (110g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 241mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Remove all the frozen ingredients from the freezer 20-30 minutes before preparing the recipe, so it will be easier to mix all the ingredients.
2. Cut the guanabana pulp bag in half to release the content more easily. Cut the pulp into chunks so it will be easier to mix.
3. Add all ingredients to a food processor or high power blender and blend until smooth. Stop the machine a few times if needed to scrape the sides.
4. Serve immediately or freeze in airtight container for later use. When eating any leftovers, make sure to let it sit in room temperature a few minutes before serving to get to a creamier consistency again.

Picture and recipe by Maggie Carneiro