

Recipe from ThisVeganGirl.com

Mango Ice Cream

Yield: about 6 cups of ice cream

Prep Time: 15 minutes

Churn Time: 30 minutes

Freeze Time: 4-6 hours

INGREDIENTS:

- two cans of coconut milk, using the coconut cream only
- 1 large mango OR 2 small mangos
- 1/2 cup maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon salt

Step 1: Blend your ingredients.

Prepare your mangos by peeling off the skin and removing the pit.

In a can of coconut milk, you're likely to find that the coconut cream and the coconut water have separated. This is a good thing for you. For the best results, only use the coconut cream in your ice cream. Using the coconut water in your ice cream will make the ice cream more icy, and we're going for a creamy consistency. You can save the coconut water for later use in smoothies, in another recipe, or to drink on its own.

Blend all of the ingredients together in a blender.

Step 2: Churn the ice cream.

I have a stand mixer with an ice cream bowl attachment. Make sure that you have frozen your bowl overnight before use. Pour the ice cream in the ice cream bowl and immediately begin to churn on the lowest setting for 30 minutes. After 30 minutes, the consistency should be that of frozen yogurt.

If you don't have a device to churn your ice cream, you're going to have to do it yourself. Churning helps to create air bubbles in your mixture, which prevents the water from becoming blocks of ice in your ice cream. Here are a couple ideas you can try:

- Pour the liquid in ice cube trays, cover with plastic wrap, and freeze. Every 45 minutes, take out the ice cube trays, mix around each cube with a fork, and place it back in the freezer. Do this process 3-4 times. Freeze for 4 hours. When you're ready for ice cream, take out the amount of cubes you want, place in a blender or food processor, and blend all the cubes together to form your ice cream portion.
- Pour the liquid in a large container, cover with a top or plastic wrap, and freeze. Every 45 minutes, take out the container, mix around vigorously with a fork, spoon, or electric hand mixer, and place it back in the freezer. Do this process 3-4 times. Freeze for 4-6 hours.

Step 3: Freeze the ice cream for 4-6 hours.

I use a large glass tupperware container with a top for my ice cream. After churning, pour the ice cream into your tupperware container and place it in the fridge. Resist the urge to indulge for 4-6 hours.

Step 4: Scoop and eat!

You might find that your ice cream needs to thaw. If this is the case, I'll place the ice cream in the microwave for 15 seconds at a time to soften it to the perfect scooping consistency. (You might need to microwave it at 15 seconds twice, depending on how cold you keep your freezer).