Banana Mango Ice Cream

Preparation Time 10 minutes

Makes 4 servings (1 cup each)

Ingredients

- 2 1/2 cups bananas sliced and frozen overnight – about 3 medium
- 1 1/2 cups frozen mango chunks
- Juice and zest of 1/2 lime
- 1/2 teaspoon vanilla extract
- 1/2 cup coconut milk (canned type for cooking; if cream has risen to the top, mix well before measuring)

Directions

1. Allow frozen fruit to defrost slightly (leave on counter for 5-10 minutes). Place ingredients in deep sided bowl and blend gradually with an immersion blender until the texture resembles soft serve ice cream. Using a traditional blender, you will need to stop and scrape the sides repeatedly to blend everything completely.
2. Serve immediately or freeze for later. After refreezing, the texture will be like hard ice cream. You can re-blend it to make soft serve texture.

Nutrition

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

Community Health & Wellness

Our Family – Taking Care of Yours

- 3/4 cup serving
- Calories 112
- Carbs 21g, Added sugar 0g, Fiber 2g
- Fat 3g, Saturated fat 3g, Protein 2g
- Sodium 4mg, Potassium 334mg

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.