

GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Cut both mangos into 1/2 inch cubes (see how to slice and cube a mango below).

Spread the cut mangos out onto a baking sheet. Place baking sheet in freezer for a minimum of four hours.

Add the frozen mango, honey and water to the food processor or high-powered blender.

To begin, quickly pulse on high a few times. Blend for four minutes or until smooth.

Pour or scoop the mixture into a loaf pan. Tap the loaf pan on the counter to remove any air bubbles. Smooth the top with a silicone spatula and place in the freezer for one hour.

Scoop into a cone or bowl or use in the Tropical Sunset Smoothie recipe!

ENJOY!

HOW TO SLICE AND CUBE A MANGO:



1. Using a chef's knife, remove a small piece of the stem end of the mango to create a stable, even surface.



2. Position the knife 1/4" away from the center of the mango to separate the flesh (or cheek) from the pit.



3. Repeat on the other side.



4. Place each mango cheek on a steady surface and using a butter knife, make lengthwise cuts and then crosswise cuts to form small cubes.



5. Use a large spoon to scoop out the mango cubes, getting as close to the skin as possible.

