

# Strawberry-Mango Nice Cream

4 servings ⌚ 5 minutes

Source: EatingWell

*This creamy strawberry-mango nice cream is a delicious healthy ice cream alternative. It's all fruit, dairy-free, vegan and contains no added sugar. And this three-ingredient dessert is super-fast and easy to prep. Serve it as a snack or light dessert on the hottest days of the summer--or any time you want a refreshing treat.*



## Ingredients

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12 ounces frozen mango chunks  
8 ounces frozen sliced strawberries  
1 tablespoon lime juice

## Method

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Place mango, strawberries and lime juice in a food processor; process for 1 to 2 minutes. Stop the processor and scrape down the sides. Continue processing until smooth, an additional 2 to 3 minutes, adding up to 1/2 cup water to help process the fruit, if necessary.

## Nutrition Facts Per Serving

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70 calories; protein 1.1g; carbohydrates 17.4g; dietary fiber 2.5g; sugars 14.2g; fat 0.5g; saturated fat 0.1g; vitamin A 928.9IU; vitamin C 65.4mg; folate 50.6mcg; calcium 19mg; iron 0.4mg; magnesium 16.2mg; potassium 234.1mg; sodium 1.5mg.

## Tips

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To make ahead: While the nice cream will have the best texture if served immediately, it can be stored in the freezer for up to 3 months. Allow it to soften at room temperature for about an hour before serving.