



Mango and Banana Sorbet

U.S.

2 cups	Mango, frozen, cubed/chunks
3 large	Banana, frozen
2 tsp	Vanilla extract
2 Tbsp	Water

Metric

280g
3 large
10mL
30mL

Preparation:

1. Gather all ingredients and equipment.
2. In a blender, combine all ingredients. Blend on high until a consistent, smooth consistency is formed, about 2-3 minutes. Additional water may be needed if the mixture is too thick.
3. Scrap mixture into a pan or bowl, and place in freezer for 30 minutes before scooping.

Nutrition Facts

6 Servings

Serving size **1/2 Cup**

Amount per serving

Calories **90**

Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	15 g
Includes 0g Added Sugars	
Protein	1 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	325 mg
Phosphorus	15 mg
