

Desserts

Banana Mango Sorbet

Roz Reynolds-Brescia

Serves: 2

Preparation Time: 5 minutes

Ingredients:

4 slices unsweetened, unsulfured dried mango (see note)
1/4 cup almond, hemp or soy milk
1 ripe banana, frozen
2 cups frozen mango
6 ice cubes

Instructions:

Soak dried mango in non-dairy milk until softened, at least one hour.

Add dried mango and soaking liquid to a high-powered blender along with remaining ingredients and blend until creamy but still firm.

If desired, serve topped with walnuts or pecans.

Note: 4 medjool dates or 8 deglet noor dates may be substituted for the dried mango.

Per Serving:

CALORIES 325; PROTEIN 5g; CARBOHYDRATES 81g; TOTAL FAT 1.7g; SATURATED FAT 0.3g; SODIUM 24mg; FIBER 8.6g; BETA-CAROTENE 2478ug; VITAMIN C 66mg; CALCIUM 65mg; IRON 2.3mg; FOLATE 95ug; MAGNESIUM 61mg; ZINC 0.5mg; SELENIUM 4.5ug

Dr. Fuhrman

