



Mango & Banana Nice-Cream

1 serving
10 minutes

Ingredients

1/4 cup Frozen Banana
1 cup Frozen Mango
2 tbsps Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	153
Fat	1g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	38g
Fiber	4g
Sugar	29g
Protein	2g

Directions

1

Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

Notes

Health Facts:: Mangos are high in polyphenols, plant compounds that function as antioxidants. Antioxidants protect our cells against free radical damage, highly reactive compounds that can bind to and damage our cells leading to pain, inflammation and disease.