

Mango and Lime Ice Cream

- by Healing Family Eats

(serves 6-8)

flesh of 1 large mango

zest and juice of 2-3 large limes (to yield 6 tbsp juice)

1/4 cup honey

1+1/2 cups [coconut milk](#)

1/4 tsp [fine sea salt](#)

Peel the mango and take the flesh off the stone. Chop the flesh and put into a blender, along with the other ingredients and blitz until smooth. Put into the fridge to chill, two hours or more.

Next, pour into an [ice cream maker](#) and churn, following the instructions in your manual. If you don't have a machine, then put the mixture into a freeze proof container and freeze till nearly firm. Beat with a whisk until smooth again and return to the freezer. Repeat two or three times and then leave to freeze. Freezing in this manner results in larger ice crystals and a less creamy texture, but it will still be utterly delicious.

