

MANGO ICE CREAM

Ingredients for 100 g:

- 75 g of the PURENA mango purée
- 5 g of honey (half a teaspoon)
- 20 ml of milk or 30% cream



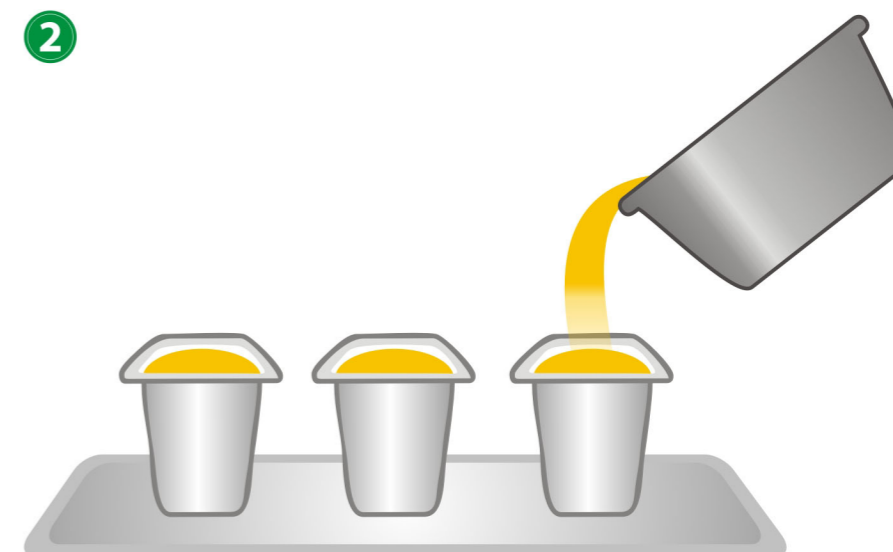
DIRECTIONS:

1



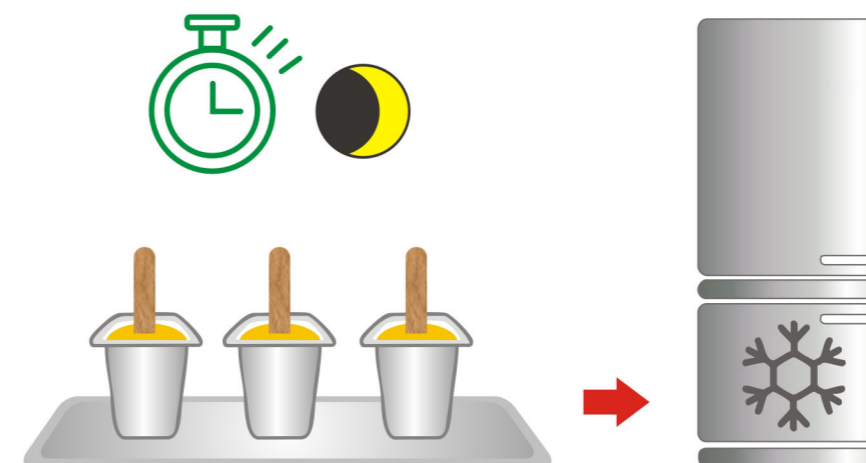
Mix together the mango puree, honey and milk.

2



Pour the mixture into small ice cream moulds or yoghurt or cheese containers.

3



Freeze, stirring occasionally to prevent crystals from forming. Freeze for about 6 hours, preferably for the whole night.

Nutrition info:

100 g
120 kcal

1 serving
126 kcal

Consume the prepared ice cream within 48 hours. Store the opened PURENA packet in the refrigerator for 7 days.