

Mango Protein Ice Cream



This homemade ice cream perfectly combines the naturally sweet flavour of mango with the creaminess of cottage cheese. Refreshing and satisfying, it's an excellent source of carbohydrates and protein after a workout, or a healthy snack for hot summer days. A dessert that's delicious, nutritious, and ready in just minutes, approved by our dietitians! For a crunchy touch, top it with our [homemade granola](#).

Preparation 5 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 145

Fat 2

Carbohydrates 18

Fibre 1

Protein 14

Sodium 60

Ingredients

- 500 ml (2 cups) 2% cottage cheese
- 625 ml (2 ½ cups) frozen diced mango
- 80 ml (? cup) skim milk powder
- 125 ml (½ cup) 2% milk

- 30 ml (2 tbsp) lemon juice
- Fresh mint leaves, for garnish (optional)

Preparation

1. In a food processor or blender, place all the ingredients. Blend until smooth and creamy. Add a little milk if the texture is too thick or difficult to blend.
2. Enjoy immediately for a soft, creamy texture, or transfer to a shallow airtight container and freeze for at least 2 hours for a firmer texture*.
3. Garnish with fresh mint leaves, if desired.

Notes

Keeps for 1 month in the freezer in an airtight container.

*For best texture, enjoy immediately after preparation. If you place the ice cream in the freezer, transfer it to the refrigerator about 1 hour before serving.



Maria Juliana Quintero
Appointment Coordinator