

Northern Mariana Islands

Mango Banana Ice Cream

Featured Food: Banana

Makes: 16 servings

Ingredients

- 3 ripe bananas, sliced and frozen
- 2 cups ripe mango, cubed and frozen
- ¼ cup milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 2 teaspoons kalamansi or lime juice



Directions

1. In a blender or food processor, combine all ingredients and blend until smooth and creamy.
2. Serve immediately. Freeze any leftovers.

Recipe from: University of Guam Cooperative Extension and Outreach, adapted by the USDA Food and Nutrition Administration.

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