



Instant Mango + Lime Ice Cream

2 cups Mango, frozen
1/4 cup lime Juice
2 Medjool Dates or 4 dried dates, soaked in boiling water for 2mins
2 Tbsp Cashew butter
3 Tbsp Coconut oil
1 tsp Vanilla bean paste

Method:

Blend all ingredients in a blender until smooth and creamy. Eat immediately or store in fridge. Freezer until you're ready to eat it!