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# No Churn Mango Ice Cream

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*Vegan, dairy free, sugar free, guilt free. "I've found a couple tricks that make it scoopable and dreamy like actual ice cream. First, a high-powered blender like a Vitamix or a food processor works best. We're blending frozen fruit with very little liquid, so you need a powerful motor. If you have a standard blender, you'll have to add more coconut cream."*

## INGREDIENTS

6 cups frozen mango chunks  
1 vanilla bean\*\*  
2 tablespoons- 1/2 cup cold coconut cream\*  
pinch of salt

## PREPARATION

Place the mango chunks in a blender or food processor.

Slice the vanilla bean lengthwise. Use the tip of the knife to scrape out the insides and add it to the blender.

Add 2 tablespoons of cold coconut cream and a pinch of salt. Blend until smooth. If it's too difficult to blend, add more coconut cream.

Scoop out the contents of the blender into a loaf pan.

Smooth out the top with a spatula. Pop it in the freezer. After about 4 hours it should be perfectly scoopable.

Once it's been frozen for longer, allow it to sit on the counter a few minutes before scooping.

For storing, press plastic wrap directly over the top of the ice cream to prevent ice crystals from forming.

## Notes

\*you can buy coconut cream or use full-fat canned coconut milk, refrigerated overnight. Open the can without shaking it and scoop the cream from the top.

\*\*sub 3 teaspoons vanilla extract

