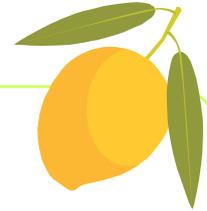


# Mango Mania

## Make Mango “Sorbet” with Andy!



### Ingredients

2 cups      Frozen mango chunks  
¼ cup      Orange Juice  
Dash        Cinnamon

\*Makes four ½-cup servings

### Tools

Blender or Food Processor  
Bowls  
Spoons/Spatula  
Freezer-Safe Container

### Directions

1. Ask an adult for help.
  2. Place all ingredients into blender and blend until mixture has the consistency of soft serve ice cream. Stop and periodically redistribute mix with spatula for easier blending. You can also use a food processor –but cover with a dish towel to avoid splashing.
  3. Scoop into bowls and enjoy. Yum!  
Place in freezer-safe container (if there’s any left!) and place in freezer.
- \* If you can’t find fresh mangoes, look in the frozen foods section of the grocery store. You’ll find all sorts of frozen fruit – mango chunks, pineapples, berries and more!

Other yummy ways to enjoy mangoes:

**Mango Popsicles:** to reduce fat and calories, freeze mango pulp in popsicle molds.

**Mango Shake:** 1 cup mango pulp, ½ cup milk (soy, almond, hemp or cow’s milk), 2 tsp agave nectar or honey (optional), and crushed ice . Mix in blender and serve immediately. You can also use 1 cup frozen mango chunks and just skip the ice.



Did you know you can freeze a whole mango with its skin on! When you’re ready to make more sorbet, just take it out, peel, chop and you’re ready to go!

## Mango Mania

### Fun Facts About Mangoes. . .

- Mangoes are like nature's candy. They are so delicious and sweet! Try dried mango, it's so sweet you can buy it without added sugar.
- Mangos are grown commercially in 87 countries.
- When stored properly, a mango should have a shelf life of 1 to 2 weeks. The best way to ripen a mango is at room temperature, on the kitchen counter.
- Mangoes are the world's most popular fruit!
- Mangoes have both vitamins A and C which are antioxidants that can help prevent certain cancers.

### Nutrition Info: Mango Sorbet

Serving Size: ½ cup (recipe makes 4 servings)

Calories: 60	Sugars: 13.5g
Total Fat: 0.25g	Protein: 0.5g
Trans Fat: 0g	Vitamin C: 31 µg
Cholesterol: 0g	Vitamin A: 201 µg
Sodium: 1.80mg	Calcium: 10mg
Carbohydrate: 16g	Iron: 0.1mg
Dietary Fiber: 1.5g	Potassium: 160 µg

Mango is an orange colored fruit that is loaded with nutrients. Come and make mango sorbet with me!



Can you get to the mango?

