



# Mango Banana Ice-Cream

Visual Recipe  
by DAREBEE

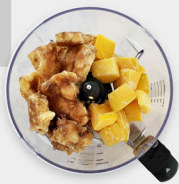
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4 frozen bananas  
2 cup - 8oz - 240g frozen mango  
½ cup - 3oz - 100ml milk

**LEVEL UP!** Add 1 teaspoon of ginger and  
1 scoop of protein powder.

2 PORTIONS

1



2



3



## INSTRUCTIONS

1. Place half of the frozen bananas and half of the frozen mango into a food processor or a blender, add milk and blend.
2. Add the protein powder and the spices, if using, then add the rest of the fruit and blend until thick and smooth.
3. Transfer to a bowl.