

Iced mango slice



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Ingredients:

2 medium ripe mangoes, peeled
1 lime, juiced
2 egg whites
pinch cream of tartar
1/3 cup caster sugar
300 ml thickened cream,
firmly whipped
1/2 tsp vanilla essence
sliced mango to serve (optional)

Health benefits:

Mangoes

Mangoes are an excellent source of the antioxidant beta-carotene and vitamin C. One mango will provide you with your total daily vitamin C requirements.

The carbohydrate found in mangoes has a low glycemic index, which means it is absorbed slowly and will provide you with sustained energy.

Method:

1. Slice flesh from mangoes and puree in a blender or food processor until smooth. Combine pureed mango and lime juice in a large bowl.
2. Using electric hand-beaters, whisk egg whites and cream of tartar in a large bowl until soft peaks form. Gradually add sugar and continue to whisk until meringue is very thick and glossy.
3. Gently fold meringue, whipped cream and vanilla into mango puree until well combined. Spread mixture into a 26 cm x 8 cm loaf pan*. Cover with plastic wrap and freeze for 4–5 hours or until just firm. Slice and serve topped with fresh mango slices, if desired.

Serves: 6–8

Preparation: 30 minutes
(+ chilling time)

*Note: Alternatively, spread mixture in a 30 cm x 28 cm baking pan. Chill and serve scoops with fresh fruit and shortbread biscuits.

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