



Coconut Mango Sorbet

Ingredients:

- 3 cups of frozen mango chunks
- 1/2 cup of unsweetened pineapple juice
- 1/4 cup of coconut milk
- 1 Tablespoon of Coconut Flakes

Instructions:

1. Place all ingredients into a blender and blend until smooth.
2. Add 1 tablespoon (or desired amount) of coconut flakes
3. Serve immediately and enjoy!

Variations:

- Transfer to a freezer-safe container and freeze for several hours to harden. Remove from the freezer and let it sit about 15-20 minutes to soften before serving
- Add orange juice instead of pineapple juice

Prep Time: 3 minutes

Cooking Time: 2 minutes

Equipment:

Blender

Servings: 3

Serving Size: 1 scoop



Nutrition Facts:	157	2 g	1 g Saturated	37g	1g	3g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	33g	27mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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