

Dessert

Mango-Coconut Sherbet

Cooking Light Magazine

Servings: 6

Preparation Time: 5 minutes

Start to Finish Time: 2 hours 30 minutes

To toast flaked unsweetened coconut, spread it in an even, single layer on a rimmed baking sheet. Then, bake in a 350 degree preheated oven for 5 minutes or until golden, stirring once.

2 cups ripe mango, peeled and cubed

3/4 cup granulated sugar

1 tablespoon fresh lime juice

1 can (13.5 oz) light coconut milk

1/4 cup unsweetened flaked coconut, toasted

Combine the cubed mango, sugar, lime juice and coconut milk in a blender. Process until the mixture is smooth, scraping the sides as necessary.

Pour the mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturers instructions to soft-serve consistency.

Spoon the sherbet into a freezer-safe container. Cover and freeze for 2 hours or until firm.

Sprinkle each serving with coconut.

Per Serving (excluding unknown items): 120 Calories; 2g Fat (14.2% calories from fat); 1g Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.