



HEALTHY MANGO SORBET

July 22

National Mango Day

INGREDIENTS

- 10 Cups Chopped Mango (frozen)
- 5 Teaspoons Milk

DIRECTIONS

1. Blend or process the mango and milk in a high-speed blender or food processor.
2. Serve immediately or smooth out in an airtight container. Store in the freezer.

MEAL PATTERN CONTRIBUTION



Fruit

MEAL TYPE



Snack

YIELD

10 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup