

# 'Mint Condition' mango frozen yoghurt with mint

Takes 3 hours, serves 4 and uses a baking sheet

## INGREDIENTS

80g yoghurt  
240g mango flesh (approx 1 mango)  
4g mint leaves, chopped

## DIRECTIONS

Chop the mango into 1cm lumps and spread out on a baking sheet lined with greaseproof paper. Place in the freezer until frozen solid (2-3 hours).

Prepare your mint leaves, then place them in a blender and add the yoghurt and frozen mango. Blend until smooth and combined.

Either serve immediately as a soft-scoop style frozen yoghurt, or place in a freezer proof container and freeze. As this freezes into a very hard solid, make sure you take it out of the freezer 15 minutes before you want to eat it to allow it to thaw and soften slightly.

