

'Everything's Rosy' mango frozen yoghurt with rosewater and cardamon

Takes 3 hours, serves 4 and uses a baking sheet

INGREDIENTS

80g yoghurt
240g mango flesh (approx 1 mango)
1 tablespoon of rosewater
1/2 teaspoon ground cardamon
A few pistachios, crumbled

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).

Place the rosewater and cardamon in a blender. Add the frozen mango and yoghurt then blend until smooth and combined.

Either serve immediately as a soft-scoop style frozen yoghurt, scattered with crumbled pistachio, 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.

