

**Dessert**

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# **Mango-Grape-Banana Ice Cream**

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Palm Beach Post - A.P.

**Servings: 3**

**Start to Finish Time: 10 minutes**

**1 bag (10 oz) frozen mango chunks**

**1 cup frozen red grapes**

**1 banana**

**pinch salt**

**1/4 cup orange juice**

**candy sprinkles (optional)**

In a food processor, combine the mangos, grapes, banana, salt and orange juice. Process until very smooth, about 2 to 3 minutes.

You may need to stop and scrape the sides of the bowl once or twice to ensure all of the fruit is processed.

Sprinkle with candy sprinkles, if desired.

Serve immediately.

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Per Serving (excluding unknown items): 45 Calories; trace Fat (4.1% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit.