

BBCFOOD**Mango and mascarpone instant sorbet**

★★★★☆ 4.2 | 13 ratings

**Prepare**

Less than 30 mins

Cook

No cooking required

Serve

Serves 4–6

Dietary

Egg-free | Nut-free |

Pregnancy-friendly |

Vegetarian

By Elly Curshen

This four ingredient mango sorbet can be whizzed up in minutes and eaten immediately or frozen for later – perfect for when friends come over on a sunny day.

For this recipe you will need a food processor.

Each serving provides 188 kcal, 1.8g protein, 18.6g carbohydrate (of which 18.4g sugars), 11.6g fat (of which 7.5g saturates), 0.9g fibre and 0.06g salt.

Ingredients

500g packet frozen and chopped mango

70g/2½oz runny honey

20ml/¾fl oz freshly squeezed lime juice
(about 1–2 limes,

Method

1. Put the mango in a food processor fitted with a blade attachment. Blend for 30 seconds, or until the mango is shredded down to the size of rice grains.
2. Add the honey and lime juice and blend for 1 minute, scraping down the sides if necessary, or until the mixture is smooth.

depending on how juicy they are)

150g/5½oz mascarpone

3. Add the mascarpone and blend for another 30 seconds, or until fully incorporated.
4. Eat immediately or put in a freezer-proof container. Seal well with a lid and freeze for up to 3 months.