

Mango Protein Ice Cream

This homemade ice cream perfectly combines the naturally sweet flavour of mango with the creaminess of cottage cheese. Refreshing and satisfying, it's an excellent source of carbohydrates and protein after a workout, or a healthy snack for hot summer days. A dessert that's delicious, nutritious, and ready in just minutes, approved by our dietitians! For a crunchy touch, top it with our [homemade granola](#).

Preparation 5 min

Cooking 0 min

Servings 6



Nutrition Facts (per serving)

Calories 145 kcal

Fat 2 g

Carbohydrates 18 g

Fibre 1 g

Protein 14 g

Sodium 60 mg

Ingredients

- 500 ml (2 cups) 2% cottage cheese
- 625 ml (2 ½ cups) frozen diced mango
- 80 ml (⅓ cup) skim milk powder
- 125 ml (½ cup) 2% milk
- 15 ml (1 tbsp) maple syrup (or honey)
- 30 ml (2 tbsp) lemon juice
- Fresh mint leaves, for garnish (optional)



Maria Juliana Quintero

Appointment Coordinator