

Foodnity Recipes

Crispy Mango Ice Cream

Cool mango ice cream topped with golden crispy shards for a delightful contrast.

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Mango Ice Cream Base

- [ ] 3 ripe mangoes, peeled and diced
- [ ] 1 cup heavy cream
- [ ] 1/2 cup whole milk
- [ ] 1/4 cup honey
- [ ] 1 teaspoon vanilla bean paste
- [ ] 1 tablespoon lime zest

Crispy Topping

- [ ] 1/3 cup rice flour
- [ ] 2 tablespoons unsalted butter, melted
- [ ] 2 tablespoons granulated sugar
- [ ] Pinch of sea salt

Instructions

1. Blend the mango chunks, heavy cream, milk, honey, vanilla, and lime zest until completely smooth; set aside.
2. In a small skillet, toast the rice flour over medium heat until golden, about 2 minutes.
3. Stir in melted butter and sugar, spreading the mixture onto a parchment sheet; let it cool, then break into shards.
4. Pour the mango mixture into a shallow metal pan, place in the freezer. Every 30 minutes, stir vigorously with a whisk to break ice crystals, for about 2-3 hours.
5. When the ice cream is soft-serve consistency, scoop into bowls and immediately sprinkle the crispy shards on top.
6. Serve right away, enjoying the contrast of cool cream and warm-toned crunch.

Nutrition per serving

280 kcal	3 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra aroma, add a few drops of orange blossom water to the mango base.
- If you like a little spice, a pinch of ground ginger works beautifully.
- Store the crispy topping separately to keep it from absorbing moisture.