



Adventist<sup>®</sup>  
**HealthyYOU**  
 JOY OF EATING

<https://nadhealth.org>



## Tropical Nice Cream with Guanabana

By Maggie Collins, MPH, RDN, CDCES, DipACLM

Prep Time	Cook Time	Total Time	Servings
15 minutes		15 minutes	4

### Ingredients

- 2 frozen bananas, sliced
- 2 cups frozen mangoes, cubed (equivalent to a 10oz frozen bag)
- 7 oz guanabana fruit pulp (1/2 the frozen pulp bag)
- ¼ cup Brazil nuts
- ¼ cup golden raisins
- ¼ teaspoon salt

### Instructions

1. Remove all the frozen ingredients from the freezer about 10 minutes before preparing the recipe, so it will be easier to mix all the ingredients.
2. Cut the Guanabana pulp bag in half to release the content more easily. Cut the pulp into chunks.
3. Add all ingredients to a food processor or high speed blender and mix well until smooth. Stop the machine a few times if needed to scrape the sides.
4. Serve immediately as a soft serve “nice cream” or freeze in airtight individual container. When eating the frozen nice cream, let it sit in room temperature a few minutes before serving to get to a creamier consistency again.

Nutrition Facts	
8	
<b>Serving size</b>	<b>1/2 cup</b>
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 3	<b>4</b>
Saturated Fat 0.5	<b>3</b>
<b>Cholesterol</b> 0	<b>0</b>
<b>Sodium</b> 80	<b>3</b>
<b>Total Carbohydrate</b> 23	<b>8</b>
Dietary Fiber 2	<b>7</b>
Total Sugars 18	
Incl. 0 Added Sugars	<b>0</b>
<b>Protein</b> 2	
Vitamin D 0	<b>0</b>
Calcium 14	<b>2</b>
Iron 0	<b>0</b>
Potassium 241	<b>6</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.	

### Check it Out

- Guanabana is also called soursap, graviola, or guyabano