

Mango Slushie

SCD drink

Ingredients:

2 cups Mangos, frozen and chopped
¼ cup Water



Directions:

- 1.) Blend mango and water together and let sit for 10 minutes.
- 2.) Blend together until they form a slushie-like texture.
- 3.) Serve in your favorite glasses.

Notes / Suggestions:

- 1.) This is best eaten with a spoon.
- 2.) Immediately after putting the frozen mango in the blender, put the bag that it came in back in the freezer. If they sit out too long, it is very difficult to break them apart after they freeze again.
- 3.) Makes 2 servings (1 cup per person).