

Frozen Dragon Fruit and Mango Bars

Serves: 16

Prep time: 20 minutes + freezing time

Cook time: 5-10 minutes



½ serve per portion

Ingredients

¾ cup sugar

200 ml water

2 cans white dragon fruit chunks, drained

1 small can mango slices, drained

1 teaspoon coconut essence (optional)

1 tablespoon lemon juice

300 ml light cream

Method

BOIL the sugar and water until thickened. Set aside to cool.

BLEND dragon fruit and mango in food processor or with a stick blender until smooth.

ADD the coconut essence, lemon juice and cooled sugar syrup to blended fruit. Mix well.

SET ASIDE 1 cup of fruit mixture.

POUR remaining fruit mixture into a 27.5cm x 17.5cm pan lined with baking paper.

FREEZE for 30 minutes.

MIX together cream and the cup of fruit mixture that was set aside earlier.

POUR the cream mixture over the frozen fruit. Freeze until set.

CUT into slices to serve.



Discretionary Food

Recipe courtesy of Gabriella Field, Tin Can Bay Branch