


## 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*