

## Frozen Mango Bars.

### Ingredients:

220 grams of water

200 grams of sugar

3 x 425 cans of sliced mangoes, drained or equivalent to fresh or frozen mango

20 grams of lemon juice

300 grams of thickened cream

### Thermomix Recipe:

Line a 20cm x 30cm lamington pan with foil.

Boil sugar and water in TM bowl for 5 mins on 100c, speed 2 until syrup thickens and set aside to cool.

Blend the drained mangoes, syrup and lemon juice on speed 8 for 30 secs until smooth and pour into a separate bowl to cool.

Measure 1 cup of the mango mixture back into the thermomix jug, add the cream and blend on speed 3 for 5 - 10 seconds.

Pour this mixture into your prepared foil lined lamington pan and freeze until firm.

Once frozen, pour the remaining mango mixture over the frozen mango cream in the pan. Freeze for several hours, or until firm.

Once the next level is frozen, tip the tray upside down on to a chopping board, peel the aluminium foil off and then turn it back to the other side so that the cream is on the bottom and use a sharp knife to cut in to bars so that you get a nice clean cut.

Cut into 16 bars when frozen (or in to smaller bars and make the mixture go further if you wish) and store in the freezer until you are ready to serve.

### Standard Recipe:

Line a 20cm x 30cm lamington pan with foil.

Boil sugar and water in a saucepan over the stove until the syrup thickens, then set aside to cool.

Blend the drained mangoes, syrup and lemon juice with a food processor or hand blender until smooth.

Measure 1 cup of the mango mixture out and in to a medium to large bowl, add the cream and blend with your food processor/hand blender until the mixture is well combined.

Pour this mixture into your prepared foil lined lamington pan and freeze until firm.

Once frozen, pour the remaining mango mixture over the frozen mango cream in the pan. Freeze for several hours, or until firm.

Once the next level is frozen, tip the tray upside down on to a chopping board, peel the aluminium foil off and then turn it back to the other side so that the cream is on the bottom and use a sharp knife to cut in to bars so that you get a nice clean cut.

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