

Mango Squash Sorbet

Ingredients

- 4 medium summer squash, roughly chopped and frozen
- 2 large very ripe mango, large diced and frozen
- 1-14oz sweetened condensed milk
- 1 cup water

Directions

Place the frozen mango and squash in a food processor along with the water. Process until slightly chunky. Pour in the sweetened condensed milk and process again until smooth.

Eat immediately or pour the sorbet into a freezer safe container and freeze until ready to use.