

# Vegan Creamy Mango Sorbet

Source: Better Vegan Category: Vegan Desserts

Prep Time: 20 min Chill time: 2 hrs Churn Time: 20 min

Freeze time: 5-8 hrs Total Time: 7-10 hrs 40 min

Serves 4-6

*Vegan | Raw | Gluten Free | Refined Sugar Free | Fat Free | Soy Free*

*Contains alcohol*



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Recipe Link:

<https://www.betterveganrecipes.com/mango-sorbet>

## Ingredients:

3 or 4 fully ripe medium to large mangoes

1/4 cup maple syrup

1/8 tsp. xanthan gum

1 tsp. unflavored vodka

Fresh mint leaves, for garnish

## Instructions:

1. Prepare the ingredients.
2. Peel and core the mangoes, then cut the flesh into 1/2 pieces.
3. Place the cut mangoes and the rest of the ingredients into a high-speed blender and blend until the mixture resembles puree consistency.
4. Strain the mixture through a fine mesh strainer set over medium bowl, pressing down the solids, to get rid of any fibrous tissues that may be left. Discard any solids and place the strained mixture to refrigerator to chill for about 2 hours.
5. Turn on the ice cream maker; pour the mixture into the ice cream maker and let mix until thickened, about 15 to 20 minutes. Follow your ice cream maker's manufacturer instructions for precise timing and process (I use Cuisinart ICE-21). Sorbet will have a soft, creamy texture. Transfer the sorbet to an airtight container and place in freezer for several hours or overnight.
4. To serve place one or two scoops in a small bowl and garnish with fresh mint leaves.

## Notes:

When left in freezer overnight, the sorbet may freeze pretty hard, depending on your freezer temperature. Check it 15 minutes before serving. If it is too hard, remove from freezer about 5-10 minutes before serving.

Equipment needed:

Blender  
Ice Cream maker

Serving suggestion:

Best served on its own.