**3 Ingredient Mango Coconut Vegan Ice Cream (Paleo, Dairy-Free, GF, Vegan)**

### INGREDIENTS

* 3 cups frozen mangoes
* 1 can [full fat coconut milk](https://amzn.to/2q4TCdL) (13.66 oz.)\*
* 1 tablespoon pure maple syrup (optional)

### INSTRUCTIONS

1. Add mangoes to a blender or [food processor](https://amzn.to/2uivn02). Blend until crumbly.
2. Add [coconut milk](https://amzn.to/2q4TCdL) and maple syrup (if using), blending until smooth. Scrape down the sides of the blender as needed.
3. If you like super soft ice cream, enjoy immediately. If you want your ice cream firm and scoopable: pour into a freezer-friendly, airtight container. Freeze for 3-6 hours, or until completely frozen. Allow to thaw for 20-60 minutes before scooping—this treat can take awhile to thaw.