

Creamy Mango Pudding Recipe That Tastes Like a Tropical Dream

2 cups ripe mango chunks, fresh or thawed from frozen



TIME
5 min

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INGREDIENTS

2 cups ripe mango chunks, fresh or thawed from frozen
1 cup heavy cream
1/2 cup whole milk
1/3 to 1/2 cup granulated sugar, depending on mango sweetness
2 1/2 teaspoons unflavored gelatin
3 tablespoons cold water
1 teaspoon vanilla extract
Pinch of salt
Optional garnish: diced mango, whipped cream, mint, or toasted coconut

DIRECTIONS

1. Add the cold water to a small bowl and sprinkle the gelatin over the top. Let it sit for about 5 minutes to bloom.
2. In a blender or food processor, puree the mango chunks until completely smooth.
3. In a small saucepan over low heat, combine the heavy cream, milk, sugar, vanilla, and salt. Stir until the sugar dissolves and the mixture is warm but not boiling.
4. Add the bloomed gelatin to the warm cream mixture and stir until fully dissolved.
5. Remove from the heat and let it cool slightly for a few minutes.
6. Whisk or blend the mango puree into the cream mixture until smooth and fully combined.
7. Pour the mixture into serving glasses, ramekins, or a small serving bowl.
8. Refrigerate for at least 4 hours, or until set and nicely chilled.
9. Garnish before serving with fresh mango, whipped cream, or your favorite topping.

SWAPS & NOTES

Ataulfo or champagne mangoes are fantastic here because they are especially sweet and smooth, but any ripe, low-fiber mango will work.

If your mangoes are extra sweet, start with the lower amount of sugar and adjust from there.

You can substitute canned mango pulp in a pinch, though fresh mango usually gives the best flavor.

For a slightly lighter version, you can swap part of the heavy cream for more milk, but the pudding will be less rich.

TIPS FOR SUCCESS

Use ripe mangoes for the best flavor and color.

If the mango is underripe, the pudding can taste flat or slightly tart instead of lush and fruity.

Be careful not to boil the cream mixture once the gelatin is involved.

Boiling can affect the final texture and keep the pudding from setting as smoothly as it should.

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