HOW TO CUT a Mango

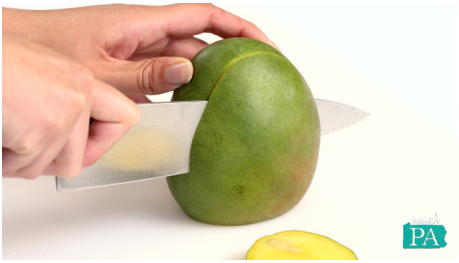
Ready in:
3 minutes

What you need:

- 1 mango
- Cutting board
- Sharp knife
- Spoon (optional)

Directions

1 Cut a thin slice from the bottom end of the mango so that it sits flat on the counter.



2 Cut along the center of the mango, against the side of the flat pit. Do the same on the other side of the flat pit.

3 Cut the mango, peel side down, long ways and short ways to make little cubes. Do not cut into peel. Do the same with the other piece.

4 Press in the center of the mango peel to push cubes up, cut away cube pieces from the peel (or hold mango cheek in one hand and using a spoon, scoop cube pieces out from the peel). Do the same with the other mango piece.

Tips

- To freeze mango slices, space out on baking sheet and freeze until fully hardened. Place into freezer bags and store for up to a year!
- Freeze mango cubes to make smoothies.

Notes: _____

Scan the QR code with your smartphone to see this and other videos.

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