Fruit Mousse

Ingredients
1 egg white
½ cup castor sugar
1 ½ cups chopped frozen bananas
½ cup chopped frozen mango OR 2 cups chopped frozen fruit (strawberries)

Method
1. Crack and separate egg white. Add egg white to a medium high sided bowl. Whisk by hand for 2 minutes.
2. With an electric mixer gradually (SLOWLY) add sugar, spoonful at a time to egg white in bowl and beat on medium speed. This should take approximately 5 minutes.
3. Remove skin from fruit and chop into bite size pieces.
4. Increase speed to high and beat egg mixture for approximately 7 minutes or until the mixture is thick.
5. Gradually add fruit to mixture and beat until combined and smooth. Approximately 3 minutes.
6. Place in dish and freeze for 4 hours.