



Healthy
Eating

Recipe of the week

Mango Fool

Ingredients

- 1 ripe mango, stoned and peeled or tinned mango in natural juice 425g
- carton low fat custard.
- 450ml carton Greek – Style low fat natural yoghurt oats [optional]

Step 1

Remove the flesh from the mango, reserving a few pieces for decoration and place the remainder in the food processor and blend until smooth.

Step 2

Layer the custard, yoghurt and mango in a tall glass or a glass bowl, finishing with a layer of yoghurt.

Step 3

Decorate with the reserved pieces of mango. Chill for at least 2 hours before serving.

Tip: This dessert does not freeze well!