

Fresh Fruit with Mango Cream

Ingredients:

2 Large Ripe Mangos or 2 Cups Mango Pulp

250g Low Fat Yogurt

1 cup each of mixed fruit cut into small pieces, apple, pear, peach, orange, pineapple, whole red grapes

1 Banana Chopped

Directions:

Loosen mangoes well by pressing between thumb and fingers. Squeeze the mangoes to take out juice. Do not mix water.

Take the mango juice (or mango pulp) with an immersion blender, add yogurt and mix thoroughly.

Transfer the mixture in a bowl and add all the fruit pieces. Mix well.

From the kitchen of Chef Leo Pantel
Executive Chef at the Conexus Arts Centre

