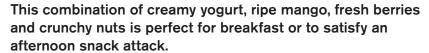
Berry Mango Delite



Ingredients

- 1 ripe mango
- 6 oz. vanilla yogurt
- 6 oz. plain yogurt
- 1 cup berries (blueberries, strawberries, blackberries)
- 1/4 cup chopped nuts (walnuts, almonds)

Preparation

- 1. Blend mango and yogurt in a blender or food processor.
- 2. Split between two bowls.
- 3. Top each bowl with 1/2 cup of berries and 2 tablespoons of nuts.



Nutrition Facts Yield 2 servings
Amount Per Serving
Calories 280
Fat 7.5g
Saturated Fat 1.5g
Cholesterol 7mg
Sodium 110mg
Carbohydrate 43g
Protein 10.5g

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