

Berry Mango Delite

This combination of creamy yogurt, ripe mango, fresh berries and crunchy nuts is perfect for breakfast or to satisfy an afternoon snack attack.

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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