

# Low-fat Mango Fool



**Serves 4    Prep 35 mins**

**No cook**

**Easy**

## **Ingredients**

150g ricotta cheese  
135g vanilla custard  
2 ripe mangoes, roughly chopped  
8 pieces of almond bread (optional)

1. Place 150g low-fat ricotta cheese in a food processor. Process until creamy. Pour in the low-fat vanilla custard and pulse until just combined. Transfer to a large bowl. Wash and dry food processor bowl or use another blender for the mangoes.
2. Process 2 large ripe mangoes, peeled, roughly chopped until smooth. Reserve 1/3 mango puree. Fold remaining mango puree into ricotta mixture.
3. Half-fill four glasses with mango-ricotta mixture. Spoon over reserved puree. Cover and refrigerate for 15 minutes or longer, if time permits. Serve with the pieces almond bread or other biscuits (if using).