

# Mango Fool



**Serves 2    Prep 15 mins    No Cook    Easy**

## Ingredients

1 large ripe mango (about 400g)  
juice of 1/2 to 1 lime (to taste)  
125g of double cream  
2 tbsp of natural yoghurt

## For a lighter version use:

1 large ripe mango (about 400g)  
100g double cream  
55g natural yoghurt  
juice of 1/2 lime

1. Peel a large and totally ripe mango ( $\pm$  400g) & cut the flesh away from the stones.
2. Squeeze the juice of 1 lime & set aside. Reduce the mango to a smooth purée in a food processor, then stir in the lime juice.
3. Lightly whip 125g of double cream (100g for the lighter version) until just thick enough to stand in soft waves, then fold into 2 tbsp of natural yoghurt (or 55g for the lighter version) and most of the mango purée. Chill in the fridge for an hour. The ripeness of the mangoes is essential. Squeeze it gently in the palm of your hand, it should be soft and giving.
4. Whip the cream until just thick enough to form a soft peak. It shouldn't be too firm.
5. Fold the yoghurt in gently with a metal spoon – it will lighten the texture and sharpen the taste. When you stir the mango purée into the cream and yoghurt, do so lightly, so that the cream is marbled with the purée, rather than stirring it all together.