

Mango and Blueberry Fool



Serves 4 Prep 25 mins

Cooking 5 mins

Easy

Ingredients

For 4

150g blueberries
2 tbsp sugar
2 large mangoes (very ripe)
Juice of 1/2 lemon
200 ml Greek yoghurt
100 ml water

For 2

75g blueberries
1 tbsp sugar
1 large mango (very ripe)
Juice of 1/4 lemon
100 ml Greek yoghurt
50ml water

1. Tip the blueberries into a saucepan, then add the sugar and the water and bring to the boil.
2. Lower the heat and wait until the berries start to burst and a purple juice forms. Set aside to cool.
3. Cut the flesh from the mangoes, slicing it from the large, flat stones at the centres. Put the flesh into a blender, together with the juice of the lemon (1/2 or 1/4) and process to a thick, smooth puree.
4. Stir in the Greek yoghurt, taking care not to overmix it - ideally, you'll have ribbons of yoghurt still visible throughout the fill as you scoop into it.
5. Pour the mixture into serving dishes, then swirl a little of the blueberry puree through each one with a spoon. Top with a few berries if you like.
6. Note: you can use other berries, such as raspberries or even passion fruit (keep the seeds separate). You can also use whipped double cream instead of yoghurt.