

# Mango & Yoghurt Parfait



**Serves 4 - 6**

**Prep 15 mins**

**No cook**

**Easy**

## **Ingredients**

- 1 mango (large ripe, peeled, pitted and cubed)
- 1 mango (large ripe, peeled, pitted and pureed)
- 3 cups low fat vanilla yogurt
- a drizzle of maple syrup or honey (optional)
- 6 tablespoons granola (low-fat)

This serves 4 to 6 people depending on the size of the parfait glasses

1. Spoon equal amounts of mango puree into 6 clear parfait glasses.
2. Top each with  $\frac{1}{4}$  cup yogurt. Drizzle with a few drops of maple syrup or honey.
3. Spoon cubed mango over the top, saving a few pieces for garnish.
4. Top each with remaining  $\frac{1}{4}$  cup yogurt and reserved mango cubes.
5. Cover and refrigerate until ready to serve. Top each serving with a tablespoon of granola just before serving.