

Mango Fool



Serves	4
Prep time	25 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	RPAH Elimination Diet - High Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	taste.com.au

Ingredients

- 150g smooth light ricotta
- 1/2 cup low fat vanilla custard
- 2 mango (large and ripe)

Directions

1. Peel and roughly chop the mangoes. Place in a food processor and process until smooth. Remove and place 2/3 into a large bowl and the remaining 1/3 in a smaller bowl.
2. Place the ricotta and custard in the food processor and process until just combined. Fold into the large bowl of mango puree.
3. Half fill four 1 cup capacity glasses with the ricotta mixture. Top each glass with the remaining mango puree.
4. Refrigerate for at least 15 minutes before serving.

Note

High Salicylates and Amines, Low Glutamates