

**YOGURT SNACK MANGO**

fresh and filling snack for busy mornings

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 125 grams of yogurt, Greek, plain, nonfat
- 100 grams of mango, raw
- 1 oz of nuts, almonds, blanched (28 g)

COOKING METHOD

1° Mix all ingredients together. I usually do it the day before, gives time to the mango to defrost.

2° use sliced almond that you can toast to get crunchy or you can use whole almond with skin and chop them [+/-10 almond=10 gr]

You can use fresh or frozen fruits

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (253 g)	% DRI
ENERGY	121 kcal	306 kcal	15 %
FAT	6 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	2 mg	6 mg	2 %
SODIUM	21 mg	52 mg	2 %
CARBOHYDRATE	11 g	27 g	9 %
SUGARS	8 g	20 g	—
FIBER	2 g	5 g	18 %
PROTEIN	8 g	19 g	—