

**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 | — |