

Mango Trifle

submitted by NevineBaligh



Per serving: 181 Calories • 22.2g Carbs (2g Fiber) • 2.8g Fat • 18.1g Protein

Ingredients

Ingredients scaled to: 1 servings

1/2 cup, sliced **Mangos** (82.5 grams)

1 tbsp **Granola** (7.6 grams)

2/3 cup **Nonfat greek yogurt** (160 grams)

Directions

Directions are based on the original recipe of 1 servings

1. Puree half of the mango and chop the other half into small cubes.
2. Mix a teaspoon of the pureed mango with a tablespoon of yogurt until creamy. Keep some puree on the side.
3. Layer the trifle into a cup: a layer of plain yogurt, then a layer of pureed mango, then a layer of the mango/yogurt puree then more plain yogurt. Top with the chopped mango and granola.
4. Enjoy!