

YOGHURT & MANGO & CHIA DESSERT

Ingredients for 3-4 servings (750 ml):

- 350 g of the PURENA mango purée
- 400 g of thick yoghurt
- 20 g of chia seeds (5 tbsp)
- 1 tbsp of honey
- orange/raspberry for garnish



DIRECTIONS:



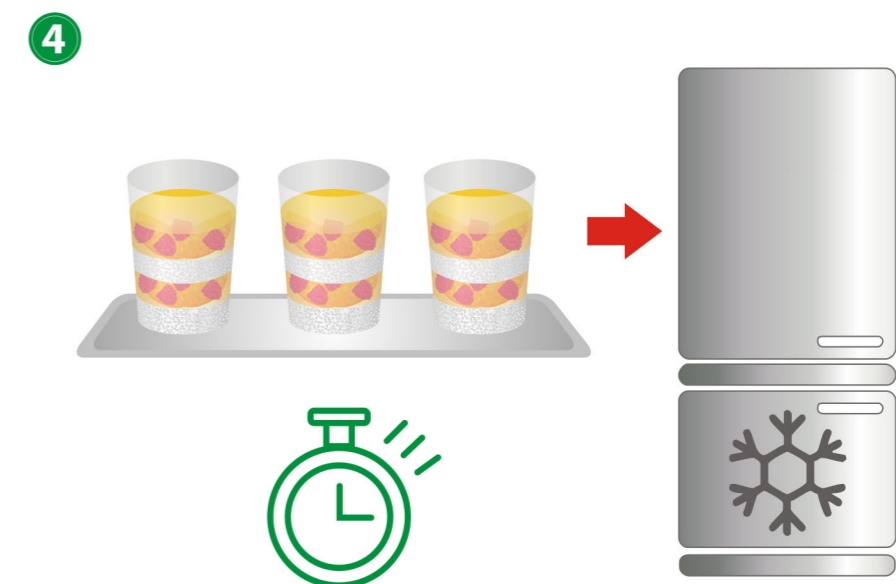
Mix the yoghurt with the chia seeds and honey.



Arrange in layers, starting with the yoghurt and chia seeds, then the raspberries and orange pieces and the mango purée.



Use the same layers again.



Leave in the fridge for 20 minutes.

Nutrition info:

100 g
82 kcal

1 serving
165 kcal

Consume the prepared dessert within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.