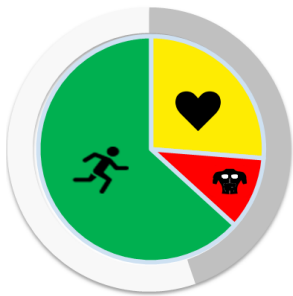




MANGO & BANANA PARFAIT

SERVES 1 **PREP ~ 6mins** **SUITABLE FOR Vegetarian**

This parfait is a delicious & refreshing way to set up your day. The bananas are a great fuel option with lots of B-vitamins & potassium to aid energy metabolism. The high levels of Vit C & zinc help our immune system & aid recovery. Don't be intimidated by the mango as cutting is easier than it looks, or you can buy frozen.



NUTRITION INFO

Health Score 7.7. High in Vit B1, Vit A, Folate & Vit C

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
402	77.4g	45.9g (51%)	12.8g	3.6g	1g (5.1%)	8.6g (22.5%)

INGREDIENTS

- 1 Banana
- 50g Granola (sugar free)
- ½ cup Mango chunks (frozen is OK)
- 4 tbsp Greek Yogurt or vegan alternative
- 1 tbsp water

METHOD

1. Put the banana, mango & water in a blender till a smooth paste is formed.
2. In a glass, layers the puree, granola & yogurt as you see fit

