



RECIPE

## MANGO PARFAIT

# Ingredients

- 3 scoops Nestlé® NANGROW™
- 2 tsp Cream (Low fat cream)
- 3 tbsp Mango Puree
- 1 tsp Chopped Mango

# Step by step

## Cooking Instructions

Whip the cream till light and fluffy. Add Nestlé® NANGROW™ and 2 tbsp Mango puree in it and mix well.

In a shot glass, add 1 tbsp of mango cream mixture, top it with mango puree, add another layer of mango cream mixture and repeat the mango puree layer.

Garnish with chopped mango and refrigerate for 20-30 min and serve.

# Nutritional values

## Per serve

|                      |               |
|----------------------|---------------|
| <b>Energy (kcal)</b> | <b>119.40</b> |
| <b>Protein (g)</b>   | <b>2.60</b>   |
| <b>Calcium (mg)</b>  | <b>93.20</b>  |
| <b>Iron (mg)</b>     | <b>1.20</b>   |