



Mango Breakfast Bowl



Eating fruit for breakfast is the perfect plan to start your day – helping you towards your 5-a-day in a tasty, refreshing way.

Cooks Tip:

To save time, make a batch of toasted oats and nuts and keep them in a screw-topped jar, ready for sprinkling.

If you like, drizzle a little clear honey over the top before serving.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	116kcal	9.3g	3.2g	0.4g	0g
RI%	6%	10%	5%	2%	0%

Method

1. Drain the mango thoroughly, then share between 2 serving bowls.
2. Top each portion with 2tbsp Greek yogurt.
3. Toast the oats and flaked almonds in a non-stick frying pan, without any oil, for 1-2 minutes until lightly browned. Cool for a few moments, then sprinkle on top of the fruit and yogurt.



Ingredients

- 1 x 432g can Princes Mango Slices in Juice
- 4tbsp Greek-style yogurt
- 4tbsp jumbo porridge oats
- 2tbsp flaked almonds