

Mango and coconut pudding



15 min.



123 kcal



SteviaSweet Crystal

Preparation

Place the gelatine in cold water to soak.

Place the mango purée, cream and SteviaSweet Crystal in a saucepan and bring to the boil. Squeeze the gelatine leaves to remove any excess water and add to the mango mixture in the saucepan. Add the coconut milk and stir until smooth. Pour the pudding into a bowl and place in the fridge to set for at least three hours or overnight.

Immediately before serving, decorate with fresh mango pieces and raspberries.

Ingredients for 2 servings

2	gelatine sheets
300 g	mango purée
100 ml	cream 38%
40 g	SteviaSweet Crystal
100 ml	coconut milk

To serve

	fresh mango
	fresh raspberries

Nutritional information per portion

123	kcal
518	kJ
2	g Protein
13	g Carbohydrates
7.5	g Fat