

# mango & dark chocolate PARFAIT



You really do not have to break the bank or sweat too much to get the perfect snack or dessert. My mango and dark chocolate parfait is the perfect example.

### Ingredients

1 apple-mango cheek, diced

1/2 a cup of oats

100 grams of dark chocolate

1 tablespoon of raisins

200 g of vanilla yoghurt

### Method

Peel and cut your mango into neat cubes and set aside. Roughly chop your chocolate and set aside.

Take a tumbler and begin layering all the ingredients for your parfait one by one until you reach almost to the top and you have incorporated each one.



SERVE WITH: on its own and with a heart full of sunshine 😊

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mango-and-dark-chocolate-parfait/>