



# Mango mania

Summers are synonymous with the mango season that most foodies await with a lot of enthusiasm. The sweet, pulpy fruit which comes in many varieties can be enjoyed as it is, or added to enhance many dishes and desserts. Here are some more ways to enjoy the goodness of mangoes this summer. Try these, I am sure you will love them!



## MANGO CREPE

*Mango crepe is a pancake using fresh mango purée topped with fluffy whipped cream and mango chunks, wrapped with a thin, moist crepe. A pillow-shaped creamy dessert to die for.*

### Ingredients

1 cup whole milk  
¼ cup mango purée  
1/3 cup all-purpose flour  
¼ cup corn starch  
¼ cup icing sugar  
3 eggs, beaten  
2 tsp melted butter  
1 cup fluffy whipped cream  
2 mangoes, peeled and cut into chunks

### Method

In a large mixing bowl, mix flour, starch, icing sugar, and whisk until well combined. Add beaten eggs, milk, mango purée, melted butter and mix well. Heat up a non-stick frying pan over low heat. Pour a small amount of batter onto the pan then

swirl quickly to form a very thin disk. When small air pockets appear under the pancake, remove and place it on a plate to cool. Repeat the procedure with the rest of the mixture.

Lay one pancake, spoon some whipped cream onto the middle of it and place one piece of mango chunk on top. Wrap the filling from four sides of the pancake to form a pillow-like shape with the folded side facing down. Refrigerate them for 30 minutes before serving and will look better when cut through.

## MANGO FIZZ

*Fresh and zingy, this sparkling mango lemonade with hints of mint will have you looking forward to the hotter summer days.*

### Ingredients

4 lemons – thinly sliced  
2 cups mango purée  
1 cup lemonade (using fresh lemons, sugar, salt, and water)  
1 cup club soda water



1 cup sprite  
½ cup mint leaves  
Lots of ice to serve

### Method

Take 4 serving glasses, put sliced lemon and mint leaves. Add 3-4 ice cubes. Pour half cup of mango purée into a glass. Pour soda water, lemonade and sprite equally. Or everything can be mixed in a big jar or pitcher and then served chilled.

## MANGO MATCHA CHIA PUDDING

*A healthy, super quick and easy to make breakfast or anytime summer snack that is filled with delicious flavours.*

### Ingredients

4 tbsp chia seeds  
¼ tsp matcha powder  
1 tsp honey  
1 large mango – peeled and diced  
1 and ½ cup coconut milk or any milk  
Coconut flakes, mint leaves and chia seeds for topping



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