

PREPARATION: 45 MINUTES

REFRIGERATE: 1 HOUR

4 SERVINGS

MANGO LIME CREAM



INGREDIENTS

- 4 Graham crackers, crushed
- 4 cups frozen mango pieces, defrosted
- 2 tablespoons lime juice
- Zest of 1 lime (save some for garnish)
- 1/3 cup sweet condensed milk*
- 3 tablespoons cream (35% MF)
- 2 tablespoons whipped cream cheese
- 1 teaspoon powdered sugar
- 1/4 teaspoon vanilla extract

* You can freeze leftover condensed milk.

PREPARATION

- 1 In a large bowl, with the help of an electric mixer or blender, combine mango, lime juice and zest, and condensed milk until creamy.
- 2 In another bowl, with the help of an electric mixer or blender, combine cream, cream cheese, sugar, and vanilla extract. It takes about 1–2 minutes of mixing until sugar is resolved and peaks form.
- 3 Distribute the crushed Graham crackers among the 4 dessert glasses. Add the mango lime cream and top with the whipped vanilla cream. Garnish with lime zest or small mango pieces.
- 4 Cover with plastic wrap and refrigerate for 1 hour before serving.

TIP: This dessert can be frozen. Defrost in the fridge two hours before serving.

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

1/2 Starch + 1 Fruit

Calories	212 Kcal
Protein	4 g
Carbohydrates	34 g
Fibre	2 g
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	25 mg
Sodium	101 mg
Potassium	269 mg
Phosphorus	106 mg

For people with diabetes one portion counts as 2 carbohydrate choices.