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CONQUER THE HOLIDAY SWEET TOOTH WITH SATISFYING MINI MANGO CHEESECAKES
Indulge in Holiday Treats Without Breaking Your New Year's Resolutions

Orlando, Fla. (October 17, 2008) – Ring in the holiday season with a tasty dessert that will give you sweet smiles and fond memories, not a guilty conscience. The National Mango Board offers the perfect holiday treat to enjoy on your own, as a family or at a festive party:

Mini Mango Amaretto Cheesecakes not only let you fully indulge in the richness of the holidays but help keep your healthy plans for the New Year. Crisp wonton wrappers surround the luscious, creamy cheesecake that has a hint of amaretto, the crunch of toasty almonds and fresh diced mango as the bow to top off this decadent bite-sized dessert. With only 90 calories and four grams of fat per serving this dessert hits the sweet spot on your palate and not your waistline.

Mangos add a lush sweetness to any dish to satisfy even the most serious sweet tooth without derailing healthy holiday goals. With only 110 calories per cup, mangos are one thing not to skimp on this season! Available year round, fresh, ripe mangos can warm up the dreariest day with a bright taste of the tropics. Plus, as an excellent source of vitamins A and C and a good source of dietary fiber, the colorful mango adds a vibrant burst of nutrients to any meal.

For more mangolicious recipes and ways to celebrate the season, visit www.mango.org.

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About National Mango Board

The National Mango Board is a national promotion and research organization, which is supported by assessments from both domestic and imported mangos. The board was designed to drive awareness and consumption of fresh mangos in the U.S. Mangos are an excellent source of vitamins A and C, a good source of fiber and an amazing source of tropical flavor.

Mango consumption per capita has quadrupled since 1990 to an estimated 2.2 pounds per year in 2007. Mango import volume for 2007 was 661 million pounds, 3 percent more than 2006 and 15 percent more than 2005. According to Consumer Research commissioned by the National Mango Board, 35% of U.S. customers purchased mangos within the past 6 months.

Learn more at www.mango.org.

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Mini Mango Amaretto Cheesecakes

18 Servings

Prep Time: 10 minutes

Cook Time: 20 minutes

- 18 square won ton wrappers
- 1 (8-ounce) package $\frac{1}{3}$ less fat cream cheese (Neufchâtel)
- 1 egg
- $\frac{1}{3}$ cup sugar
- 2 tablespoons light sour cream
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon almond extract
- 1 large mango, peeled, pitted and diced, divided
- 1 tablespoon amaretto or other almond liqueur
- $\frac{1}{4}$ cup sliced almonds
- Tiny mint leaves (optional garnish)



Preheat oven to 350°F and spray 18 mini muffin tins with nonstick cooking spray. Press a won ton wrapper into each; set aside.

In a medium bowl beat together cream cheese, egg, sugar, sour cream, flour and almond extract with an electric mixer, beating just until smooth. Mince $\frac{1}{4}$ cup mango and stir into mixture. Carefully spoon equal amounts into each lined tin using a small spoon; sprinkle with almonds.

Bake for 20 minutes, then let cool before removing from tins.

Stir together remaining mango and amaretto. Top cheesecakes with mixture just before serving, then sprinkle with toasted almonds.

Store in the refrigerator loosely covered. Garnish with mint leaves, if desired.

Nutritional analysis per serving:
90 calories, 4 g total fat, 0 g cholesterol, 100 mg sodium,
11 gm carbohydrates, 1 g fiber, 5 g protein