

Celebrate The Season With A Unique Mango Dessert

(NAPS)—Let the taste of the sunny tropics update revered classics such as this simple Tiramisu. This is a great way to share a bright, tropical dessert with friends even as the weather turns cold. This creamy Mango Rum Tiramisu layers the richness of mascarpone cheese, vanilla yogurt, whipping cream and ladyfingers with the extra flavor dimension of fresh mango.

Available year-round, mangos can be the star of any occasion. Not only do mangos sparkle in a variety of dishes and beverages, but they are an excellent source of vitamins A and C and a good source of fiber. Try this delicious new take on a classic and discover another reason why mangos are the world's most popular fruit.

For more recipes and instructions on how to select and cut a mango, visit www.mango.org.

Mango Rum Tiramisu

8 Servings

Prep time: 25 minutes

Chill time: 6 to 24 hours

- 1 (8-ounce) container mascarpone cheese
- 1 (6-ounce) container vanilla yogurt
- 6 tablespoons sugar
- ½ cup heavy whipping cream
- ¼ cup mango nectar*
- ¼ cup rum
- 18 split (36 pieces) small, soft ladyfingers
- 2 small, ripe mangos, peeled, pitted and thinly sliced, divided



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¼ cup shaved white chocolate
Mint leaves

In a medium bowl, beat mascarpone, yogurt and sugar until smooth. In a separate bowl, beat cream until stiff peaks form. Carefully fold whipped cream into cheese mixture; set aside. Combine nectar and rum in a shallow dish. Quickly dip each side of the ladyfingers into the mango mixture. Place half of the ladyfingers in the bottom of an 8-inch glass baking dish so they fit tightly. Spread half of the cream mixture, then top with ¼ of the mango slices. Repeat ladyfinger and cream layers, then sprinkle with chocolate. Cover tightly and chill for 6 to 24 hours. Cut into 8 pieces; garnish with remaining mango slices and mint leaves. May be served refrigerated or frozen.

* Can be found in the fruit juice aisle at your local supermarket

While exotic in appeal, mangos are available anytime of year. Following are tips from the National Mango Board to get the most out of the mango experience.

- Color isn't the best indicator of ripeness. To determine if a mango is ripe, squeeze gently. A ripe mango will give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen, becoming sweeter and softer over several days.
- Once ripe, store mangos in the refrigerator for up to five days.

Did You Know

Available year-round, mangos bring the luscious taste of the tropics to any dish, anytime of the year. Visit www.mango.org for recipes and tips on cooking with mangos, and to view the "How to Cut a Mango" video.

The taste of the sunny tropics is a delicious way to update classics such as simple Tiramisu. // Celebrate The Season With A Unique Mango Dessert

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