

## Let's Mango at Home!

### Dear Families,

Welcome to the delicious and wholesome world of mangos! In school, your child has been learning about the nutritional value of "the world's most popular fruit," while building knowledge about the diverse Latin American countries where mangos grow and thrive.

Here are two very easy-to-make mango recipes that will bring a ray of sun into your family's menus. Along with step-by-step instructions, we have also included some nutritional information so you can feel great about sharing mangos with your kids.

Visit [www.mango.org](http://www.mango.org) for more mango recipes and information, including easy ways to slice a mango.

### Mango Parfait

#### Make ANY Day SUNDAE With a Mango Parfait

For breakfast or a snack, try this tasty mango treat! All the ingredients are low in fat and the mangos are rich in vitamins C and A. It's like a healthier tropical sundae! Serves 6.

- 2 large ripe mangos, peeled, pitted, and cubed
- 3 cups low-fat vanilla yogurt
- 6 tablespoons low-fat granola

1. Get an adult to help you peel, cut, and seed your mango. Cut half of the mango into very small chunks and the other into larger chunks.
2. Spoon a small amount of the larger mango pieces into the bottom of 6 clear plastic cups.
3. Next, spoon 1/4 of a cup of yogurt over the mango in each cup.



4. Spoon remaining large mango pieces on top of the yogurt.
5. Top with remaining 1/4 cup yogurt and smaller pieces of mango.
6. Cover and refrigerate until ready to serve.
7. Just before serving, sprinkle 1 tablespoon of granola on top for a bright and sunny parfait!

The mango parfait is a perfect example of something important to the food pyramid: consuming a variety of foods. In this parfait alone, you can get low-fat dairy (from the yogurt), whole grains (from the granola), and fruit (from the mango).

### Mango Mash!

In the many places where mangos grow, folks have different ways of eating the sweet fruit while working around the skin and the large seed inside. They smooch the fruit to get to its sweet juice. Try it!

1. Take a mango in your hands and roll it around between your palms.
2. Put the mango on your desk or a table and put some pressure on it. Push down on it and roll it around.
3. As the fruit gets softer from being rolled, you can feel the big seed moving inside. You've rolled enough when you can rotate the big seed inside without breaking the skin.
4. Once it's soft, cut a small hole in the top of the fruit and drink the delicious juice!
5. Once you've had all the juice, squeeze the fruit from the bottom up, as if you were squeezing toothpaste from the bottom of the tube. Enjoy each bit of fruit as you squeeze it out of its skin!