

ARCHIVED RECIPES

MANGO SPREAD (SERVE 1)

Ingredients:

2 slices Gardenia Nutri Multi-Grain Bread
1/2 small mango, diced
1/4 cup low-fat cottage cheese
1 tbsp brown sugar [optional]

Cooking Method:

1. Toast Gardenia Nutri Multi-Grain Bread.
2. Mix mango and cheese in a small bowl - be careful not to mash the ingredients.
3. Spread mango mixture on toast, sprinkle with brown sugar [optional].

