

Fruit and Nut Parfait



Ingredients

- 135g mango, cut into cubes or balls plus more for garnish
- 50g roasted cashews, chopped
- 250ml whipping cream
- 37.5g Annum plain
- 22g confectioner's sugar

Directions

1. In a mixing bowl, whip the cold whipping cream & Annum chocolate powder.
2. Fold in condensed milk and chopped strawberries.
3. Transfer mixture in a plastic container and let it set in freezer for 1 hour.

Nutritional Value

	Per Serve Per Adequacy	
Energy (kcal)	617	28
Carbohydrates (g)	42	24
Proteins (g)	12	14
Fats (g)	44	-
Dietary Fiber (g)	3	-
Folate (mcg)	213	36
Iron (mg)	5	13
Zinc (mg)	4	41
Calcium (mg)	376	47
Vitamin B12 (mcg)	1010	39
