

MANGO MOUSE*
Serving 4

INGREDIENTS:

2 big ripe mangoes or 4 small ripe mangoes
4 dates, pitted and soaked in water for a minimum of 4 hours if too dry
1 jar (170 g) of cashew nuts butter

PREPARATIONS:

1. *Peel the mangoes, cut the flesh off the stone.*
2. *Place all the ingredients in a high-powered blender and process until smooth and creamy.*
3. *Pour the mouse in an airtight container in the fridge and let it set for about 30 minutes.*

**Recipe adapted from: Deliciously Ella Boo*