

Snack / Treat: Tropical Treat

MANGO & YOGHURT PARFAIT

INGREDIENTS

2 mangoes

HONEY LIME YOGHURT

1 cup yoghurt or plant-based yoghurt

1 1/2 tablespoon honey
or brown rice syrup

1 lime

STICKY CRUNCHY OAT MIX

1 cup rolled oats

1/2 cup puffed rice

1/4 cup shredded coconut

2 tablespoon honey
or brown rice syrup

1/2 teaspoon vanilla essence

1 tablespoon light olive oil
or melted coconut oil

**JUNIOR CHEF
PROGRAM**



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METHOD

STEP 1. MAKE THE STICKY CRUNCHY OAT MIX

- Preheat the oven to 170°C/150°C fan forced.
- Line a baking tray with a reusable silicone mat or baking paper.
- Mix the oats, puffed rice and shredded coconut in a large bowl.
- Put the honey, oil and vanilla essence into a small pan. Put the pan onto a burner on low heat and stir for about one minute until the honey is melted and runny.
- Pour the honey mix over the oat mix and stir until combined.
- Spread the oat mix over the baking tray. Try to spread it out evenly across the tray.
- Put the tray in the oven for 8 minutes (at this point you can start making your honey lime yoghurt – see step 2).

- Take out the tray and using a spatula carefully stir the oats.
- Put the tray back in the oven for another 7 minutes (you can now chop the mango – see step 3).
- Take the tray out of the oven and leave to cool.

STEP 2. MAKE THE HONEY LIME YOGHURT

- Using the small holes on a grater, zest the lime.
- Cut the lime in half and squeeze out the juice.
- Put the honey in a cup and put in the microwave for 10 seconds or until it is very runny.
- Put the yoghurt into a small mixing bowl and then stir in the honey, 1 tablespoon of the lime juice and the lime zest.
- Put the mix back into the fridge for 15 minutes to thicken.

STEP 3. CHOP THE MANGO

- Carefully slice off the sides of the mango. Be careful not to cut the pip!
- Using a big spoon, scoop the mango out of the skin.
- Dice the mango into cubes about 1 cm wide and put into a bowl. If you have any lime juice leftover you can sprinkle this on top.



MAKE SURE YOU SAVE ENOUGH MANGO FOR ALL OF YOUR TROPICAL TREAT LAYERS!

STEP 4. PUT IT ALL TOGETHER!

- Get four glasses. Wide ones that aren't too tall work best, but any will do!
 - In each glass:
 - Add a layer of mango cubes at the bottom of each glass. There will be two layers all up so make sure you save some for later.
 - Add a layer of yoghurt mixture on top of the mango. Use it all up – it will be about four tablespoons in each cup.
 - Add a layer of oat mix – about 3 tablespoons.
 - Add another layer of mango slices.
 - Add a final layer of the oat mix.
- ENJOY!**