

DESSERT FRUIT TRIFLE

Healthy Tips for Living



Yield: Serves 4 - 8

Ingredients:

- 1 ripe mango
- 2 ripe bananas — brown spots are good
- 1 cup of chopped strawberries
- 1 cup blueberries
- 1 package of baked dessert cups (sliced) or soft lady fingers
- 16 ounces of plain Greek yogurt
- 6 tbsp. finely chopped dark chocolate

Instructions:

1. **Peel and chop** one whole mango and set to the side. Be sure to remove the seed from the center of the mango.
2. **Clean and chop** 1 cup of strawberries. Set to the side.
3. **Rinse** 1 cup of fresh blueberries and set to the side.
4. With a knife or a food processor, finely **chop** about 6 tbsp. of dark chocolate.
5. In a food processor, **add** 16 ounces of plain Greek yogurt and two ripe bananas. **Break or cut** the banana into chunks to help them mix with the yogurt. **Process** until the yogurt/banana mix is smooth.
6. Next, in a small dessert cup, **add** one layer of dessert cake to the bottom. **Add** 1-2 tbsp. of yogurt/banana mix on top of the cake. **Add** a layer of strawberries, mangoes and blueberries. Then **add** one more dessert cake and top it with 1-2 tbsp. of yogurt/banana mix.
7. **Sprinkle** with 1 tbsp. of finely chopped dark chocolate. **Garnish** with chopped strawberries and repeat!

Enjoy!

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