Mango Pudding

## Ingredients:

4 Mangoes, peeled and cut into slices

2 cups plain, fat free yogurt

¾ cup soft brown treacle (Demerera) sugar

## Method:

1. Arrange the mango pieces into a Pyrex dish.
2. Smooth the plain yogurt over the top, and use a flat spoon or a spatula to even out the top surface of the yogurt so that it is flat.
3. Sprinkle the sugar over the top and smooth across the surface evenly using a spoon.
4. Place the Pyrex dish close under the grill, and grill until the sugar has become caramelised and quite brittle.
5. Serve immediately garnished with fresh mint leaves.