



Fresh Beautiful Mango: Favourite Healthy Dessert

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Mango is one of my favourite healthy desserts.

Very simple to prepare for eating, there isn't that much to it. All you need to do is take the mango, slide each side off, take a knife and chop it up and down to make the squares.

After this, all you need to do is just need to invert it, i.e. turn it inside out. Once complete, it looks as gorgeous as it is in the picture.

My favourite part of the eating process is actually eating around the seed, as it is the sourest part. Yum!

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