

# Banana Mango Parfait

Prep Time: 5 minutes

Banana Mango Parfait Recipe:

Crumbles:

2 cup raw almonds – soaked for 24 hours

1 cup pitted dates

Pudding:

10 bananas – peeled

4 ripe mangos – skinned

Juice & zest of 3 lemons

Topping:

Berries of any kind

Instructions:

Blend pudding until smooth. Layer crumbles and pudding in bowls or cups until gone.

Top with berries.

Variations:

Unlimited!

Recipe Credit:

Julie Wandling

We get our produce from:  [www.freggies.com](http://www.freggies.com)

For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)