# MANGO BERRY BLISS

This is a lovely refreshing dessert or breakfast for the hot summer months that takes only 10 minutes to prepare.  The fruit gives you a sweet boost whilst the nuts keep you fuller for longer and energy until lunch time.

## INGREDIENTS

30g cashew or brazil nuts
1 mango, around 200-300g
40g frozen or fresh raspberries plus a few for the top
1T ground flaxseed

## DIRECTIONS

In the chopper attachment of a hand blender (or food processor) blend the nuts until they are crumbs.

Cut and peel the mango, roughly chop it, add to the chopper (or food processor) and blend.

Add 40g raspberries and the flax seed, blend once again.

Spoon into 2 glasses, ramekins or cups. Break the remaining raspberries into pieces and put on top of the desserts.

Allow to rest overnight.


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## ABOUT DAY

Chef Day Radley is founder of The Vegan Chef School. She became vegan in 1995, when there were very limited resources for creating vegan meals and it was virtually unheard of to have vegan options in restaurants. This gave Chef Day a need to teach herself to cook after growing tired of the few ready-made options available. First she made recipes from cookbooks and friends and then began to veganize non-vegan recipes. Chef Day became a professional chef in 2010 and has developed recipes for the likes of Birdseye & PepsiCo.

Her main aim is to help as many people as possible pursue their career in vegan food. The Vegan Chef School has created over 100 vegan chefs to date!

Chef Day believes that the possibilities are endless and we are only at the start of developing this ground-breaking cuisine.

The Vegan Chef School offers courses to help further the knowledge of keen vegan foodies, teach them to cook tasty dishes at home and help propel them into becoming professional vegan chefs.

Connect with Day:

*Guest Chef*
**Day Radley**

www.theveganchefschool.com/

www.instagram.com/theveganchefschool/ www.facebook.com/groups/theveganchefschoolcommunityhub


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