

## Mango and Cream Cheese



### Ingredients

½ mango

1 tablespoon of Philadelphia cheese\* or Violife Creamy Original Cheese

5 fresh mint leaves

\*check 1 gram protein exchange list

### Method

1. Peel a mango and cut away the flesh from the pit.
2. Blend half of the flesh in the food processor or hand blender along with the Philadelphia Cream Cheese (need to count as exchanges) or alternatively use the Violife Creamy Original Cheese.

This recipe could be served as a dip with low protein crackers. It could also be served on low protein bread.