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# Spiruline Algahé



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## Mango Cream with spirulina

There is 1 product.



**Number of persons :** 4

**Preparation time :** 10 minutes

**Difficulty :** Easy

**ingredients :**

- 1 mango
- 2 yoghurts
- 1 tbsp. c. honey
- 1 tbsp. c. powdered Spirulina

Mix all ingredients until smooth.

Pour the soup into glasses.

You can decorate this dessert with some pistachios or even pieces of coconut powder.

You can replace the honey by xylitol. (Xylitol Birch sugar, a natural sweetener)

If you have spirulina tablets, crush them in a mortar to obtain what you need powder.

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