



Mango Peanut Crisp

MANGO TANGO

- Don't judge a mango by its color — that's not the best indicator of ripeness. To select a mango, squeeze it gently to determine ripeness. A ripe mango will give slightly, but not be too soft. Ripe mangos will often have a fruity aroma at their stem ends.
- Firm mangos will ripen over several days, becoming sweeter and softer. Once ripe, mangos can be kept in the refrigerator for up to five days.
- Learn more about mangos at www.mango.org.

PEANUT POWER

- Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, including peanuts, as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.
- Peanuts can be enjoyed for breakfast, lunch, dinner and any time in between.
- For more recipes and other information on USA-grown peanuts, check out www.nationalpeanutboard.org.

IRRESISTIBLE Autumn Desserts

With peanuts and mangos, guilt is not an option.

FAMILY FEATURES

With cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

Branded Mango Bread Pudding

Prep time: 20 minutes
Stand time: 30 minutes
Cook time: 40 minutes

- Nonstick cooking spray
- 6 cups 1-inch cubes King's Hawaiian Sweet Bread
- 2 ripe mangos, peeled, pitted and diced
- 1 1/2 cups fat-free half and half
- 3/4 cup egg substitute
- 2/3 cup granulated sugar
- 1/4 cup brandy
- 1 teaspoon vanilla extract
- 1/2 teaspoon each: ground cinnamon, allspice and nutmeg
- 3 tablespoons butter, melted
- Powdered sugar (optional)

Preheat oven to 350°F. Lightly spray 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In medium bowl, whisk together half and half, egg substitute, sugar, brandy, vanilla and spices. Whisk in melted butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let stand 30 minutes, or until liquid is absorbed. Bake 40 minutes, or until toothpick inserted into center comes out clean. Serve warm dusted with powdered sugar, if desired. Makes 8 servings.

Nutritional analysis per serving: Calories: 230, Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 210mg, Carbohydrates: 37g, Fiber: 2g, Sugar: 23g, Protein: 7g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 10%, Iron: 8%

Sweet Peanut Egg Rolls

Prep time: 20 minutes
Cook time: 10 to 12 minutes

- Butter-flavor nonstick cooking spray
- 1 cup chopped dry roasted, unsalted peanuts
- 6 tablespoons low-fat or fat-free caramel sauce
- 1 teaspoon ground cinnamon, divided
- 2 tablespoons butter, melted
- 2 tablespoons honey
- 8 sheets phyllo dough

Preheat oven to 400°F. Line baking sheet with foil and spray with nonstick cooking spray; set aside. Stir together peanuts, caramel sauce and 1/2 teaspoon cinnamon in small bowl. Stir together butter, honey and remaining cinnamon in small bowl. Lay 1 sheet phyllo on a board (keep remaining dough covered with damp cloth). Spray phyllo with cooking spray and fold in half. Repeat steps for remaining phyllo. Brush phyllo very lightly with butter mixture, then spoon 2 tablespoons peanut mixture along one long edge of dough, leaving about 1/2 inch empty on both sides. Fold in 2 sides, then roll up tightly and place on prepared baking sheet. Repeat with remaining phyllo and butter and peanut mixtures. Brush rolls on all sides with any remaining butter mixture. Bake 10 to 12 minutes, or until golden brown. Serve with additional warmed caramel sauce for dipping, if desired. Makes 8 egg rolls.

Nutritional analysis per egg roll: Calories: 210, Fat: 11g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 130mg, Carbohydrates: 25g, Fiber: 2g, Sugar: 9g, Protein: 5g, Vitamin A: 2%, Vitamin C: 0%, Calcium: 2%, Iron: 6%

Mango Peanut Crisp

Prep time: 15 minutes
Cook time: 20 minutes

- Topping
- Nonstick cooking spray
- 6 tablespoons rolled oats
- 1/4 cup firmly packed brown sugar
- 1/2 tablespoon flour
- 2 tablespoons butter, softened
- 1 teaspoon ground cinnamon
- 1/4 cup chopped honey roasted peanuts

- Filling
- 3 large ripe mangos, peeled, pitted and diced
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°F. Spray four 2-cup baking dishes with nonstick cooking spray. Stir together all topping ingredients except peanuts in small bowl with fork until they become coarse crumbs; set aside. Stir together all filling ingredients in medium bowl and spoon into prepared dishes. Spoon topping over filling and sprinkle with peanuts. Bake 20 minutes, or until filling is hot and bubbly and topping is golden brown. Makes 4 servings.

Nutritional analysis per serving: Calories: 310, Fat: 10g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 75mg, Carbohydrates: 56g, Fiber: 3g, Sugar: 25g, Protein: 3g, Vitamin A: 60%, Vitamin C: 25%, Calcium: 2%, Iron: 4%



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07571: Irresistible Autumn Desserts

All materials courtesy of: National Mango Board / National Peanut Board

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