



💡 **No sugar, no gelatin, no baking!**

## Ingredients:

- 2 ripe mangoes (peeled & chopped)
- 1 cup cold whipping cream

## Cooking process:

1. Blend the mangoes until smooth and creamy.
2. Whip the cold cream until soft peaks form.
3. Gently fold the mango puree into the whipped cream.
4. Spoon into glasses and refrigerate for 2–3 hours.
5. Serve chilled and enjoy a light, fluffy mango mousse

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