

Healthy Yoghurt - Mango Slice

A cake with healthy ingredients

Ingredients	%	Batch Weight
Meister Mix Biskuit	100	1.000 kg
Egg	65	0.650 kg
Water	15	0.150 kg
Oligo Vital	18	0.180 kg
Water	18	0.180 kg



Preparation Instructions

1. Mix Oligo - Vital 180 g and Water 180 g together and let it soak for 20 minutes
2. Place Meister Biskuit , eggs and water in a Hobart type bowl and mix for 8 – 10 minutes at high speed
3. Once the batter is fully mixed add the Oligo - Vital and mix for one minute on slow speed
4. Spread the batter on a tray. Amount of batter depends on size of the tray



Baking instructions

1. Place into a preheated oven set at 190°C without steam
2. Bake for a total of 30 – 40 minutes depending on weight

Preparation Instructions

Yoghurt Cream:

Lactofil	1.000kg
Yoghurt (1,5 % fat content)	0.400kg

1. Mix Lactofil and Yoghurt together and mix slightly longer than normal
2. Cut the sponge into layers and spread the yoghurt cream on the first layer
3. Spread on the cream mango pieces
4. Add the next layer of sponge on top and decorate with mango slices
5. Cover with cold gel



Variations & Serving Suggestions

This healthy recipe you can also vary with other fruits like orange or strawberries