

## Mango Shortcake

Serves 6\*

### Ingredients:

- |   |                                 |
|---|---------------------------------|
| 1 package of 6 angel food (yellow sponge) cake dessert cups (6 per package) | 2 tablespoons sugar             |
| 2 cups sliced mangos (fresh or frozen)                                      | ½ teaspoon vanilla extract      |
|   | Reddi-wip whipped cream topping |

### Instructions:

If using frozen mango, thaw at room temp for about 30 minutes.

Add mango, sugar, and vanilla extract to a pot.

Heat over medium heat, stirring regularly for about 8-10 minutes until softened and warmed through.

Take off heat and put in bowl.

Put mango mixture into the freezer for 10 minutes.

Build the mango shortcake with dessert shell on bottom, then add 1/6 of mango mixture to each shell.

Add 2 tbsp of reddy-whip whipped cream on top of each shell.

**Serving size:** 1 dessert shell with mango mixture plus 2 tablespoons whipped cream on top of each shell

**Kcal:** 105

**Protein:** 1.8 gm

**Arginine:** 31 mg

**Methionine:** 13 mg

(depends on what type of shortcake shell used, some are 2 gm each while others are 1 gm each)

\*Nutritional information is per serving.

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