GLOBAL · DESSERT · SNACK

Mango Greek Yoghurt Mousse (No Added Sugar)

15 min · plus 2–3 hours chilling | Makes 4 × ½ cup (about 115 g) | 86 kcal a portion

Video 9:05 · Toasty Apron

Gluten-free ingredients | Nut-free

Just mango, Greek yoghurt and a little gelatin, with no added sugar: about 6 g of protein for under 100 kcal a serve, and a source of vitamin C from the mango.

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Ingredients

4 · MAKES 4 × ½ CUP (ABOUT 115 G)

- [ ] 1 tsp (3 g) **unflavoured gelatin powder**
- [ ] 3 tbsp (3 tbsp) **cold water**
- [ ] 1 cup diced **ripe mango**
- [ ] 1 cup **plain Greek yoghurt** (full-fat is creamiest)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the cold water in a small bowl, sprinkle the gelatin evenly over it and leave for 5 minutes to bloom. 3:40
2. Blend the mango and Greek yoghurt until smooth and creamy. Taste it: only if the mango isn't very ripe, add a little sweetener. 3:50
3. Stir the gelatin, then microwave for 20–30 seconds until fully dissolved but not boiling. Pour it into the blender and blend briefly to mix. 4:12
4. Pour into 2 small jars or 4 glasses, cover and refrigerate for at least 2–3 hours, until set. 4:27
5. Serve as it is or topped with a few mango chunks or coconut flakes. Keeps 2–3 days in the fridge. 4:34

> **Tip** The cook makes two 8-oz jars (4 serves). Use 2% Greek yoghurt for a lighter version. Gelatin is made from animal collagen, so this isn't vegetarian; agar is a common swap but sets differently.

The method is a summary in our words — the video shows every step.

One portion, ½ cup (about 115 g), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
86 kcal 360 kJ	**6.4** g 13% of a day	**8.7** g 8 g net · 8 g sugars 3% of a day	**0.7** g 2% of a day	**3.2** g 2.1 g saturated 4% of a day	**20** mg 1% of a day

Energy from net carbs 37% · protein 30% · fat 33%

Source of (10–19%) Vitamin B12 19% · Vitamin C 17% · Selenium 12%

Recipe and video: Toasty Apron (@toastyapron) on YouTube — youtube.com/watch?v=E5ql1Q4sOok, published 16 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mango-greek-yoghurt-mousse