

# Mad over mangoes



**Posh Nosh**  
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Food Editor

It's the season of mangoes, and I'm a bit of a mad scientist when it comes to this fruit. I've been experimenting with different recipes and techniques to get the most out of this delicious fruit. One of my favorites is a simple mango salad with a bit of lime juice and a touch of honey. It's refreshing and easy to make. Another favorite is a mango and avocado smoothie, which is perfect for a quick breakfast or snack. I've also been experimenting with using mango in savory dishes, like a mango salsa or a mango and chicken salad. The fruit's natural sweetness and tangy flavor make it a versatile ingredient. I'm looking forward to trying more recipes and sharing them with you.

Mangoes are a tropical fruit that is rich in vitamins and antioxidants. They are a great source of fiber and can help improve digestion. The fruit is also low in calories and is a good source of potassium. Mangoes are a delicious and healthy addition to any diet. They can be eaten fresh, sliced, or used in a variety of recipes. I'm a big fan of mangoes and I'm always looking for new ways to enjoy them. If you're a fan of mangoes, you'll love the recipes I've shared here. They're simple, easy to make, and delicious. I hope you'll give them a try and let me know how you like them.



## Pretty citrus boost

Citrus fruits are a great source of vitamin C and can help boost your immune system. They are also a good source of fiber and can help improve digestion. Citrus fruits are a delicious and healthy addition to any diet. I'm a big fan of citrus fruits and I'm always looking for new ways to enjoy them. If you're a fan of citrus fruits, you'll love the recipes I've shared here. They're simple, easy to make, and delicious. I hope you'll give them a try and let me know how you like them.

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## Fragrant, flavoured tea

Tea is a popular beverage that is enjoyed all over the world. It is a healthy and refreshing drink that can help improve your mood and energy. There are many different types of tea, each with its own unique flavor and health benefits. I'm a big fan of tea and I'm always looking for new ways to enjoy it. If you're a fan of tea, you'll love the recipes I've shared here. They're simple, easy to make, and delicious. I hope you'll give them a try and let me know how you like them.



## Best of both worlds in a bar

What is better than a bar of dark chocolate? Well, a bar of dark chocolate filled with dark chocolate mousse.

I picked up this double treat of a bar on a whim while shopping at Huber's Butchery, and was surprised by how good it is.

A bar with 60 per cent cocoa solids does not sound nearly dark enough, but perhaps they rein in the sugar. The chocolate has that deep, dark chocolate flavour I look for, and the soft mousse, too, is not sweet.

Each square, which looks like a ravioli, offers two textures: the satisfying snap of well-tempered chocolate and a creamy mousse.

Add a cup of coffee for a very fine pick-me-up.

**Camille Bloch Mousse Chocolat, \$5.95 for a 100g bar, from Huber's Butchery, 18A Dempsey Road, tel: 6737-1588, open: 9.30am to 8pm (weekday), 9.30am to 7pm (weekend)**

