

# Chicory in a Cuban marinade

Starter

**Serves 4**

**Preparation time:** about 25 minutes

**Ingredients:**

500 g	chicory
100 ml	Donath® Mango whole fruit, unsweetened
2	apples
½	lemon
3 tbsp.	yoghurt
1 tbsp.	sugar
1 tbsp.	oil



**Preparation:**

Remove any unsightly leaves from the chicory and wash well; halve lengthwise and rinse to remove the last bits of clinging dirt. Serve two halved stalks of prepared chicory per portion by arranging attractively and covering with the Cuban marinade 30 minutes before serving. For the marinade, grate the apples on a glass grater, keeping the peel but removing the core. Then immediately add the juice of half a lemon, some sugar, the oil and finally the yoghurt and Donath® Mango whole fruit, unsweetened.

## Donath® Mango whole fruit, unsweetened

- a blend of all parts of the fruit that are suitable for consumption
- gentle filling process
- this process ensures that the product contains the fruit's own fibre and all valuable minerals and vitamins
- for direct consumption, but also suitable as a delicious addition to ice cream, cakes, cocktails and more



For further recipes please see: <http://www.huebner-vital.de/en/rezepte.html>

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