

# MANGO SAGO

Mango sago is a chilled mango pudding that's a favorite in China, Japan and Southeast Asia. The pudding ingredients include coconut milk, sago pearls (made from a tapioca-based starch) and sugar, with the resulting delicious pudding topped with cubed mango. Replacing some of the sugar with stevia can reduce calories from 230 to 210 per serving—a 9% reduction—and added sugars from 10 grams to 5 grams per serving—an impressive 50% reduction.

*Note that the mango is not included in the recipe or nutrition information per serving. That's so you can add as much or as little mango as you desire.*

## Before: Traditional Mango Sago Recipe Ingredients (Makes 10 Servings)

Coconut Milk, 500ml  
Water, 500ml  
**Sugar, 100g**  
Sago Pearls, 130g

## After: Mango Sago Recipe Ingredients with Stevia (Makes 10 Servings)

Coconut Milk, 500ml  
Water, 550ml  
**Sugar, 50g**  
Sago Pearls, 130g  
**Stevia (PureVia), 1/2 a packet**

## METHOD FOR MANGO SAGO WITH STEVIA

- Dissolve the sugar into the coconut milk. Bring to boil and cool down
- Soak the sago pearls into approximately 150ml ambient water for 30 sec
- In another separate bowl boil 1L of water
- Transfer the soaked sago pearls into the 1 L of boiled water and bring to boil (Do not stir)
- Once boiled, stir gently. Once the sago pearls turns transparent with a small white dot in the center, turn off the heat and hold for 10 min
- Transfer the cooked sago pearls with a strainer and cool down in cold water
- Once cool down, remove from the cold water and keep the sago pearls aside
- Transfer the sago pearls into the coconut milk and put in diced mango cubes as desired
- Chill and enjoy.

Nutritional Information Serving (177 g or 6 oz)	Traditional Mango Sago	Mango Sago with Stevia	Change	% Change
Energy (kcal)	230	210	- 20 calories	9% decrease
Energy (kJ)	962	879	-83 kilojoules	9% decrease
Protein	2g	2g		
Total Carbohydrates	32g	27g	-5g carbohydrates	16% decrease
Fiber	1g	1g		
Total Sugars	19g	14g	-5g total sugars	26% decrease
Added Sugars	10g	5g	-5g added sugars	50% decrease
Fat	12g	12g		