

Foodnity Recipes

Mango Sago and Purple Sweet Potato Sago

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Asian-fusion** Cuisine

Ingredients

Main Ingredients

- [ ] 2 ripe mangoes, diced
- [ ] 1 cup purple sweet potato, peeled and steamed
- [ ] 1/2 cup sago pearls
- [ ] 1 cup coconut milk
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tbsp lime juice

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Toasted coconut flakes

Instructions

1. Rinse the sago pearls under cold water, then place them in a pot with 4 cups of water. Bring to a boil, then simmer for 8-10 minutes until the pearls turn translucent. Drain using a slotted spoon and set aside.
2. While the sago cooks, steam the purple sweet potato until soft (about 12 minutes). Mash it gently with a fork, preserving a few soft lumps for texture.
3. In a saucepan, combine coconut milk and honey (or maple syrup). Warm over low heat, stirring until the honey dissolves. Remove from heat and let cool slightly.
4. In a large bowl, fold the mashed sweet potato into the coconut-honey mixture. Add the diced mango and cooled sago pearls, then drizzle with lime juice. Mix just enough to distribute evenly.
5. Transfer the dessert into serving glasses, garnish with mint leaves and toasted coconut flakes if desired. Chill in the refrigerator for at least 20 minutes before serving.

Nutrition per serving

260 kcal	3 g	42 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sago pearls clump, rinse them briefly with cold water before adding to the mixture.
- Adjust honey or maple syrup based on the natural sweetness of your mangoes.
- For extra creaminess, stir in a spoonful of vanilla yogurt (omit for vegan).