



Mango Coconut Popsicles



2 ingredients



40 minutes



4 servings

DIRECTIONS

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

NOTES

No Coconut Milk

Use almond milk or cashew milk instead.

INGREDIENTS

- 2 cups Frozen Mango
- 1 cup Canned Coconut Milk (divided)

NUTRITION

Amount per serving

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg