

Mango-Coconut Popsicles



Indulge in these refreshing and creamy treats, perfect for beating the summer heat. Try our irresistible mango-coconut ice pops today and savor the flavors of paradise.

Preparation 10 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 75

Fat 3

Carbohydrates 12

Fibre 1

Protein 3

Sodium 30

Ingredients

- 125 ml (½ cup) plain Greek yogurt
- 500 ml (2 cups) of Mangoes (fresh or frozen)
- 125 ml (1/2 cup) coconut almond milk
- 15 ml (1 tbsp) unsweetened coconut
- About 10 chopped almonds

Preparation

1. Put the yogurt, mangoes and coconut almond milk in the blender for about 1 minute.
2. In popsicle molds, spread the coconut and almonds, then pour the mango mixture.
3. Put in the freezer for at least 4 hours, or until frozen.



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