





United States Department of Agriculture

## Mango Yogurt Popsicles

Yields 14 servings

Prep Time: 10 minutes

- 3 c. plain or vanilla yogurt (omit honey if using vanilla)
- 4-5 mangos, ripe, peeled and cut (or 20 oz. frozen mango)
- ¼ c. - ½ c. honey

1. Combine all ingredients in a blender until you achieve a smoothie-like consistency.
2. Taste and add additional honey if desired.
3. Pour mixture into popsicle molds or small paper/plastic cups. If using cups, cover the open end with foil and insert a popsicle stick through the foil (this will keep the stick upright). Alternatively, freeze the cups for 1 hour so that the mixture is somewhat frozen (but not fully frozen) before adding sticks.
4. Place in freezer until fully frozen, about 4 hours.
5. When ready to eat, dip the bottom of the mold/cup in lukewarm water for 10-20 seconds in order to remove the popsicle.

Recipe adapted from © [Insidebrucrewlife.com](http://Insidebrucrewlife.com)

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