

### **Mango & Cream Popsicle Recipe**

- 4 mangos, very ripe
  - 1 ¼ cup milk
  - ½ cup non fat Greek vanilla flavored yogurt
  - 1 tbsp honey
  - 1-3 tbsp sugar (to taste)
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1. Peel and slice mangos.
  2. Chop the mangos into small pieces. Put aside about ½ cup of mango pieces.
  3. Place the remaining mango in the blender along with ¾ cup of milk (reserve ½ cup for later), yogurt, honey and sugar. Blend for about 1 minute or until smooth.
  4. Take the reserved mango and place a few pieces into the bottom of each popsicle mold.
  5. Fill the mold about 1/3 of the way then freeze them for about one hour.
  6. Add more mango to each mold then add milk to each mold.
  7. Fill the rest of the mold with the popsicle mixture.
  8. Place in freezer for at least 3-5 hours.

