

FUN, FRUITY SUMMER POPSICLES



Creamy Mango Popsicles

Preparation time: 7 min

Serves: 4-6

Ingredients:

- 2½ Cups mango (±3 fresh mangoes)
- 200 ml Water
- 5 Level scoops Alula GOLD Kid powder
- 1 - 1½ Tablespoons honey (optional)
- 1 Teaspoon vanilla extract



Instructions:

- 1 Peel and slice fresh mangoes. If using frozen mango, skip this step!
- 2 Add mango flesh, Alula GOLD Kid powder, water, honey and vanilla extract to a food processor or blender. Blend until smooth and no chunks of mango remain.
- 3 Pour evenly into popsicle moulds. Insert popsicle sticks in the centre of each mould, leaving about 2 inches sticking out so you can hold them easily when they're frozen.
- 4 Freeze for at least 4 hours if using a metal popsicle mould, 6-8 hours if using a plastic popsicle mould.
- 5 Once frozen, remove each popsicle by running them under warm water for a few seconds, then gently pulling them out of their moulds.