

Fresh for Kids®

# mango & berry popsicles



## Fresh for Kids® mango & berry popsicles

These healthy popsicles have no added sugar!  
Use disposable plastic cups if you do not have ice-block or paddle-pop moulds.

### Ingredients:

- 4 medium ripe mangoes
- 2 tbs Greek-style natural yoghurt
- 10 ice-block or paddle-pop moulds (about 1/3 cup capacity)
- 10 wooden paddle-pop sticks

### Health benefits of mangoes:

- Mangoes are an excellent source of the antioxidant beta-carotene and vitamin C. One mango will provide you with your total daily vitamin C requirements.
- The carbohydrate found in mangoes has a low glycemic index, which means it is absorbed slowly and will provide you with sustained energy.

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### Method:

#### Mango popsicles

1. Peel mangoes. Roughly chop mango flesh and place in a food processor or blender. Puree flesh until smooth.
2. Add yoghurt to pureed mango. Process until well combined.
3. Pour mango mixture into 10 ice-block or paddle-pop moulds. Cover and freeze for 1 hour. Place a paddle-pop stick into the centre of each mould. Freeze for a further 3–4 hours or overnight until firm. Remove fruit popsicles from moulds to serve.

#### Berry popsicles

Substitute the mango flesh with 500g mixed berries (such as hulled strawberries, blackberries, raspberries) and add 2 tbs orange juice with the yoghurt.

**Makes:** 10 popsicles

**Preparation:** 25 minutes