



# Mango Pops 1-2-3

**PREP TIME: 5 MINUTES | FREEZE TIME: 4-6 HOURS | SERVES: 5**

Refreshing, vibrant mango popsicles are fun and simple to make with just 1, 2 or 3 ingredients. And, they're ready to freeze in just 5 minutes.

---

## Ingredients

### Mango Pops 1

- 1 can (15 oz.) diced mangos in water or 100% juice, not drained

### Mango Pops 2

- 1 can (15 oz.) diced mangos in water or 100% juice, not drained
- 2/3 cup (6 oz.) low-fat vanilla yogurt or Greek yogurt

### Mango Pops 3

- 1 can (15 oz.) diced mangos in water or 100% juice, not drained
- 3 Tbsp. fresh lime juice
- 6 to 8 fresh mint leaves

---

## Instructions

1. Pour mangos in a blender or food processor. Add yogurt or lime juice and mint, if making Mango Pops 2 or 3.
2. Puree until smooth. Fill popsicle molds (or small paper cups) and insert popsicle sticks.
3. Freeze at least 4 to 6 hours. To loosen pops from molds, run warm water over outside of mold. Wiggle sticks and gently pull.