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.

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