



Mānuka Honey & Mango Popsicles

Summertime Sweetness!

Ingredients

Peeled & Chopped Mangos.....3

Mānuka Honey.....1 tbsp.

Popsicle Molds.....3 tbsp.



Directions

1. Begin by cleaning, peeling and chopping your mangos.
2. Blend the mango and Mānuka honey together for 2 minutes. Make sure that it's completely pureed.
3. Once done, pour the mango purée into the popsicle molds. Cover the molds and freeze them for 6-7 hours or until they are completely solid.
4. Lastly, unmold your popsicles by taking the molds out of the freezer and letting them sit for 2-3 minutes at room temperature. Gently pull out your popsicles and serve immediately.

You can also make these popsicles out of any fruit or try mixing different fruits for some colorful popsicles.