



Mango Lassi Popsicles

Ingredients

- 2 ½ cups frozen diced mango
- 1 cup plain Greek yogurt (I used 2% fat)
- 3 tablespoons honey
- ½ teaspoon ground cardamom
- 1 teaspoon lime juice
- 1 pinch salt
- ½ cup water

Instructions

- Add yogurt, honey, cardamom, lime juice, salt and water to blender. In small batches, add frozen mango and blend until smooth. Gradually keep adding mango until all ingredients are well blended. If you have a very powerful blender or food processor, you may be able to add all the mango at once. Alternatively, you can defrost the mango overnight in the refrigerator and then add them all at once to your blender.
- Distribute the mixture among 10 Dixie cups, filling about ¾ full to allow room for expansion while freezing.
- Cover each cup with foil or press n' seal. Insert wooden popsicle sticks into middle of each cup and freeze until firm, at least 6 hours.

MAKES 10 POPSICLES. NUTRITION PER POPSICLE:
CALORIES: 60 | CARBOHYDRATES: 12G | PROTEIN: 3G |
FAT: 1G | FIBER: 1G

ADAPTED FROM SHUTTERBEAN