

Strawberry Mango Yogurt Popsicles

Servings

8

Time

Prep Time 20 mins
Total Time 6 hrs



Meal Type
Snack, Side

Contributed By
LivingPlateRx

Source
Living Plate Teaching Kitchen

Ingredients

- 3 cups strawberries, fresh, *hulled and chopped*
- 3 cups mango, fresh, *cubed*
- 2 Tbs maple syrup
- 2/3 cup Greek yogurt, vanilla

Directions

Prep

1. Purée strawberries in a blender or food processor with 1 tablespoon of maple syrup. Set aside.
2. Purée mango in a blender or food processor with 1 tablespoon of maple syrup. Set aside in a separate bowl.

Make

1. Line up popsicle molds standing upright.
2. Using the following measurements to layer ingredients: 2 teaspoons strawberry purée 1 teaspoon yogurt 2 teaspoons mango purée
3. Layer until popsicle mold is full. Run a dull knife up and down the sides to create a swirled pattern. Tap mold to release any air bubbles.
4. Place in the freezer for at least 6 hours or overnight.

Notes

Make this vegan by using coconut vanilla yogurt - our favorite!

The number of popsicles will depend on the size of your molds - this recipe may make more or less.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings		Total Fat 0.7g	1%	Total Carbohydrates 18g	6%
		Saturated Fat 0.1g	0%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 16g	
Calories	82	Cholesterol 0mg	0%	Protein 2g	
per serving		Sodium 1mg	0%		
		Vitamin D 0mcg 0% · Calcium 7mg 0% · Iron 0mg 0% · Potassium 186mg 3%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.