

Mango Coconut Popsicles

These mango coconut popsicles are made with just 2 ingredients: mango and coconut milk. Popsicles are great to beat the heat and hydrate our body. Recipe makes 6 popsicles.

Ingredients

- 2 cups diced fresh mango (460 g)
- 1/2 cup coconut milk (125 ml)

Instructions

1. Blend the mango and the coconut milk in a blender until smooth.
2. Pour the mixture into the popsicle molds.
3. Freeze for 35 minutes and gently insert popsicle sticks.
4. Freeze until solid.

Nutrition

- **Serving Size:** 1 popsicle
- **Calories:** 79
- **Sugar:** 8.2g
- **Sodium:** 4mg
- **Fat:** 5g
- **Saturated Fat:** 4.3g
- **Carbohydrates:** 9.4g
- **Fiber:** 1.3g
- **Protein:** 0.9g

Source: <https://simpleveganblog.com/2-ingredient-mango-coconut-popsicles/>