

Mango Yogurt Popsicles

Yield: 5 min
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-yogurt-recipe-japanese>

Ingredients:

- 2 mangoes large ripe, about 1 1/2 cups diced
- 1 cup plain greek yogurt I use non-fat
- 2 tablespoons honey see notes
- 1/2 teaspoon pure vanilla extract
- 1/2 lemon

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 22 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sugar: 19 grams

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