

Creamy mango & passionfruit pops



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Preparation 20 mins + freezing time | Makes 8

3 medium ripe mangoes, peeled and flesh chopped

½ cup light cream

2 passionfruit, pulp removed

STEP 1 Place the mango flesh and cream into a blender or food processor. Blend or process until smooth. Pour mixture into a jug and swirl through passionfruit pulp.

STEP 2 Pour mixture into 8 paddle-pop moulds. Gently tap moulds to dislodge any air pockets. Insert a paddle-pop stick into each. Freeze for 5 hours or overnight until firm. Remove pops from moulds and serve.

Good for you... **MANGOES**

An excellent source of vitamin C which helps the body defend itself against infection. A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh. A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.

