

Foodnity Recipes

Mango Magnum Popsicles With Coconut

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**International** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 ripe mangoes, peeled and cubed
- [ ] 1 cup full-fat coconut milk
- [ ] 2 tbsp honey (or agave for vegan)
- [ ] 1 tbsp fresh lime juice
- [ ] ½ tsp vanilla extract
- [ ] Pinch of sea salt

Optional Garnish

- [ ] Toasted coconut flakes

Instructions

1. Place the mango cubes in a blender; add coconut milk, honey, lime juice, vanilla, and sea salt.
2. Blend on high until the mixture is perfectly smooth, about 30 seconds.
3. Taste and adjust sweetness or acidity if needed; then pour into popsicle molds, leaving a tiny gap at the top.
4. Insert sticks; sprinkle toasted coconut on each if you like.
5. Freeze for at least 4 hours, or until solid. Run molds under warm water briefly to release.

Nutrition per serving

120 kcal	1 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoother texture, strain the puree through a fine mesh before freezing.
- For extra zing, add a dash of fresh grated ginger to the blend.
- Make sure the sticks are centered; it helps the popsicle stand upright.