



MANGO LASSI & RASPBERRY ICE LOLLIES

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Mango lassi mixture

250g fresh or frozen mango chunks

1/2 tablespoon lemon juice

250g plain Greek yogurt or coconut yogurt

80ml whole milk or coconut milk/cream

A little honey (optional)

1/2 teaspoon cardamom

Raspberry puree

170g fresh or frozen raspberries

A little honey (optional)

PREP TIME

Prep time: 15mins

Setting time: 4+ hours

METHOD

- In your blender, combine the mango, lemon juice, yoghurt and milk and blend until smooth.
- Add the honey and cardamom to taste and blend well. Pour the mixture into ice pop moulds to about half full.
- Add a couple of fresh raspberries in each mould and top up with mango mixture again making sure to leave space for the raspberry puree.
- Clean the blender blade and cup and add the raspberries and honey if using. Blend well.
- Top the mango mixture with the raspberry puree.
- Add a wooden lolly stick to each mould and add to freezer for 4-6 hours
- To unmould the ice lollies, dip the moulds into hot water for 3 seconds, and gently but firmly pull the lollies out.

For more recipes visit www.thehealthboost.co.uk