

Turmeric Mango Popsicles

Makes 6 popsicles



Ingredients

1 1/2 cups coconut milk
 1/2 tsp turmeric
 Pinch of ground pepper
 2 Tbsp honey
 1/2 cup frozen mango (alternate options: mango purée
 or mango juice)

Directions

Blend all ingredients together and pour them into your popsicle containers. Freeze overnight.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
141	12	11	10	1	0	8