



## August 16- Mango Magic Pops

Smart Snack

Link: <http://www.food.com/recipe/mango-magic-pops-90333>

### Recipe

#### Ingredients:

- 1 teaspoon unflavored gelatin
- 1/3 cup peach or apricot nectar
- 2 8-ounce cartons vanilla or peach fat-free yogurt
- 1 ripe mango, peeled and cut into chunks
- 8 flat wooden sticks

#### Directions:

1. In a small saucepan combine the unflavored gelatin and nectar. Let stand for 5 minutes. Cook and stir over medium heat until gelatin is dissolved.
2. In a blender or food processor combine gelatin mixture, yogurt, and mango. Cover and blend until smooth. Spoon mixture into eight 3-ounce paper cups. Cover each cup with foil. Cut a small slit in the center of each foil cover and insert a flat wooden stick into each. Freeze pops for 4 to 6 hours or until firm.
3. To serve, remove the foil and tear paper cups away from pops.

Yield 8 servings

### Nutrition Facts

Serving Size 1 item (93.14g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 60      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 0g      **2%**

Sugars 10g

**Protein** 2g      **4%**

Vitamin A 10%      •      Vitamin C 15%

Calcium 8%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.