

Mango Popsicles

8 popsicles - 10 min + overnight freezing

400g mango puree	2 tbsp liquid honey
10g lime puree	75ml sugar water

METHOD. Defrost the mango puree completely. In a bowl, combine the mango puree with the lime puree, honey and sugar water and stir well. Pour the mixture into popsicles molds. Freeze overnight or until fully solid.

SUGAR WATER RECIPE. In a sauce pan, dissolve 75g sugar in 250ml water over medium heat. Cool to room temperature.

