

Mango Chia Popsicle



Vegan and naturally sweetened, a healthy summer treat.

Ingredients

2 tbsp chia seeds

1 cup fresh or frozen mango

1/4 cup orange juice

1 cup coconut milk

Method:

1. In a bowl, add the chia seeds and milk. Stir to combine and let it sit for 5-10 minutes for the chia seeds to be absorbed.
2. In a blender, blitz the mango and orange juice until smooth. Set aside until ready to use.
3. Fill the popsicle molds with the mango puree then the chia pudding mix until the molds are full.
4. Place popsicle sticks in the molds, and place in the freezer overnight or until frozen.