



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Mango Creamsicles (E)

*Sweet and creamy, these are a creamy version of the Mangosicles. They have a little protein, so now and then they can be a full snack alone.*

Serving Size: Multiple-serve; Makes approximately 4 to 8 pops

### INGREDIENTS:

- 2 cups frozen mango
- 1/2 cup 0% Greek yogurt
- 6 doonks THM Pure Stevia Extract Powder
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1/2 cup water
- 2 pinches Mineral Salt
- 1/2 teaspoon THM Glucomannan ("Glucicie")

### INSTRUCTIONS:

1. Place all the ingredients (except the Glucicie) in a food processor and process until smooth. Sprinkle in the Glucicie, then process 20 more seconds to combine. Pour the mixture into ice-pop molds and freeze until set.
2. To unmold the ice pops, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

The *Mango Creamsicles* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)