

Natrel[®]

Homemade Popsicles

These popsicles made using our fine-filtered milk can be flavoured with fresh ingredients you have on hand.
You're sure to enjoy a festive and refreshing afternoon!



SERVES
8-10



PREPARATION TIME
10MIN.



COOLING TIME
240MIN.

Ingredients

1 cup Natrel Fine-Filtered 3.25% Milk
3 cups frozen mango pieces
3 tablespoons honey
Zest and juice of one lime

Preparation

1. Place the mango, honey and lime juice in a blender. Pulse a few times to break up the mango pieces.
2. Add the milk and blend until smooth.
3. Pour into 8 to 10 popsicle molds
4. Freeze for at least 4 hours.
5. Before serving, sprinkle with lime zest.