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Mangosicles (E)

Enjoy these after any light E meal (if you still have room to reach 45 grams) or after a Fuel Pull meal—you'll be now heading into E territory, but that's fine. You could also have one as a mid-morning snack or evening treat (these do not have protein, so it's best not to have them alone as your important afternoon snack, which needs some protein to get you through to supper time). The number of pops made depends on the size of your molds. This recipe is a multiple-serve recipe that makes 4 to 8 pops.

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

INGREDIENTS:

- 2 cups frozen mango
- 1 cup water
- 4 doonks THM Pure Stevia Extract Powder
- 1 teaspoon lemon juice

INSTRUCTIONS:

1. Place the mango, water, stevia, and lemon juice in a food processor. Process until smooth. Pour into ice pop molds and freeze until set.
2. To unmold the Mangosicles, run the molds under hot water or place in a bowl of hot water for 30 seconds, then twist gently to release.

NSI (If you use your favorite store-bought, plan-approved sweetener.)

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The *Mangosicles* recipe and other delicious THM recipes
can be found at www.TrimHealthyMembership.com