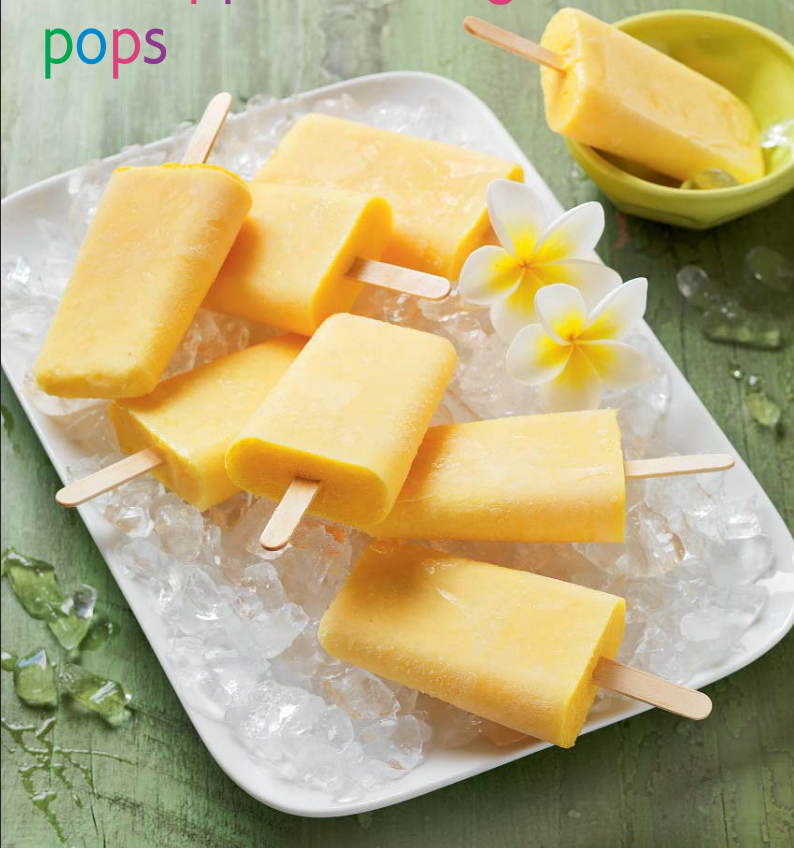


# Fresh for Kids® Pineapple & mango pops



## Pineapple & mango pops

**Preparation:** about 20 minutes

**Makes:** 8

*You can use any paddle-pop moulds or plastic disposable cups for these pops.*

½ pineapple, peeled and chopped  
1 ripe mango, peeled and flesh diced  
½ cup thick natural yoghurt

1. Place pineapple, mango and yoghurt into a blender. Blend until smooth.
2. Pour mixture into 8 x ⅓ cup paddle-pop moulds. Freeze for 5 hours or overnight until firm. Remove from moulds to serve.

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### Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

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