

# Strawberry and Mango Ice Pops



## Servings: 8

*1 1/4 cups strawberries, cut into quarters*

*1/2 cup sugar*

*3 tablespoons lime juice*

*2 mangos, peeled, pitted, and chopped*

In a small sauce pan toss strawberries with 1/4 cup of sugar and let stand at room temperature for 15 minutes.

Add 1/4 cup water to the sauce pan and bring to a simmer over medium heat. Cook the strawberries until thickened slightly about 5 minutes.

Remove from the heat and stir in 1 tablespoon of lime juice. Let cool completely.

In a blender puree the mango with the remaining 1/4 cup sugar and 2 tablespoons of lime juice. Blend until smooth and set aside.

In a blender puree the strawberries until smooth.

Spoon 2 tablespoons of mango puree into the bottom of eight 3-ounce ice pop molds. Add 2 tablespoon of strawberry puree to each mold.

Top off with remaining mango puree leaving 1/2-inch between the filling and the top of the mold.

Using a small knife gently swirl the mango and strawberry layers together.

Insert the ice pop sticks and freeze until solid.

Serve

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Per Serving (excluding unknown items): 112 Calories; trace Fat (3.2% calories from fat); 1g Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium; 26g Total Sugars; 0mcg Vitamin D; 16mg Calcium; trace Iron; 205mg Potassium; 21mg Phosphorus. Exchanges: .