



RECIPE

MANGO POPSICLES

Ingredients

- 6 scoops Nestlé® NANGROW™
- 100 ml a+ Milk
- 3 tbsp Ripe Mango Pulp

Step by step

Cooking Instructions

Mix NANGROW™ and a+ milk in a bowl. Add Ripe Mango Pulp and fold in till completely mixed.

Pour the mixture in popsicle moulds and allow it to freeze for 6-8 hrs.

Serve chilled.

Note: Use other seasonal fruits in place of Mango to make fruit popsicles.

Nutritional values

Per serve

Energy (kcal)	109.44
Protein (g)	3.85
Calcium (mg)	127.35
Iron (mg)	1.09

Per 2 serves

Energy (kcal)	218.88
Protein (g)	7.70
Calcium (mg)	254.71
Iron (mg)	2.17