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Green Mango Pops

Prep Time: 10 min. Cook Time 0 min.

Servings: 6 Servings

Serving Size: 1 pop

Ingredients

3/4 cup light coconut milk or unsweetened almond milk

1-1/2 cups cubed fresh or frozen mango

1-1/2 cups baby spinach

1/3 cup fresh mint

1/4 cup hemp seeds (hemp hearts)

2 scoops plain or vanilla protein powder

2 tbsp honey

1 tsp ginger powder

Directions

1. Place all of the ingredients in a blender and blend until smooth.

2. Evenly distribute mixture into popsicle molds, filling each about three-quarters full.

Insert sticks and freeze for about 8 hours.

3. To unmold a popsicle, run the mold under warm water for a few seconds, being careful not to thaw the pops.