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Mango Creamsicles

Prep time: 190 min. **Cook time:** 0

Serving size: 1 creamsicle

Recipe yields 4 servings

Ingredients

2-1/2 cups chopped mango

2 scoops Bodybuilding.com Signature Tropical Pineapple BCAA

1/2 cup coconut cream

1/8 tsp liquid stevia (optional)

1/4 tsp xanthan gum

Special equipment:

Popsicle tray

Directions

1. Place mango, BCAAs, coconut cream, and stevia in a blender and blend on high until smooth.
2. Add xanthan gum and blend 20 seconds to combine.
3. Pour mixture into popsicle molds and place in freezer for 1 hour.
4. After 1 hour of freezing, add popsicle sticks and continue to freeze until set, about 2 more hours.
5. To remove creamsicles from mold, run mold under hot water or place in a bowl of hot water, then gently twist sticks to release.