

# Mango Strawberry Frozen Yogurt

The best way to cool down during summer

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## INGREDIENTS

- 50g mango (frozen or fresh)
- 50g strawberries (frozen or fresh)
- 30g sugar (optional)
- 150g natural greek yogurt (10% fat)
- 100g whipping cream



## DIRECTIONS

1. If you are using frozen mango and/or frozen strawberries, defrost the fruits first before proceeding with the recipe. Defrost separately.
2. Once defrosted strain the excess liquid, add half of the sugar to the mango and half to the strawberries. Puree with an immersion blender.
3. In a medium bowl, whisk the whipping cream until stiff peaks.
4. In two separate medium bowls mix the mango puree with half of the yogurt and cream until well combined and in the other one the strawberry puree with the other half of the yogurt and cream.
5. Fill six popsicle molds first up to half with mango mix and then up until the top with the strawberry mix, add the popsicle stick and freeze in a freezer for at least 6-8 hours or overnight.
6. Enjoy the refreshment!