ONE BITE

VEGAN MAGAZINE

Special Edition:
One Bite Vegan Food Blogger Awards

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Meet our 2019 Overall Winner:
Sam from 'It Doesn't Taste Like Chicken'

Vegan Eating in LA, California

Win a copy of
Heavenly Vegan Dals and Curries

Vegan Ice Cream & Popsicle Recipes

Vegan Mango Lassi Popsicles

By Jess Hoffman

Yield: 12 popsicles

Ingredients:

• 2 mangos

• 3/4 cup orange juice

• juice of 1 lime

• 1 cup coconut yogurt (can substitute coconut cream from a can)

• 1 tsp vanilla extract

Instructions:

1. Peel and cut the mango, then add it to a blender with the orange juice and lime juice. Blend until smooth.

2. Mix the coconut yogurt and vanilla extract together.

3. Place layers of the mango mixture and coconut mixture into your popsicle moulds, alternating between each.
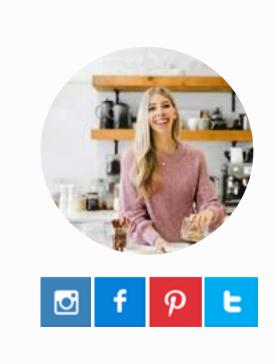
4. Use a large toothpick to swirl the mixture in the moulds to get a marble effect.

5. Place the cover onto the moulds and insert the popsicle sticks and freeze overnight.

6. To remove the popsicles from the mould, run them under hot water for 30 seconds and then gently pull on the popsicle sticks.

Notes

• If using coconut cream, add 1 tbsp of agave or maple syrup to the mixture to make it sweeter if you like

• You can substitute pineapple juice or coconut water for orange juice if you prefer.

• If your coconut yogurt is a little thick, thin it out with a bit of water until it is the same consistency as the mango mixture.

About the author...

Jess has always loved cooking since a young age and grew up in a family where cooking and baking was always going on! She started Choosing Chia after a spontaneous trip to India where she studied yoga and Ayurveda (a wellness practice that focuses on creating a healthy body through diet, exercise and mindfulness). She graduated from the Ajarya yoga academy with her yoga instructor certification, and a new passion for healthy, plant-based cooking and eating. Choosing Chia reflects Jess' beliefs on eating and a healthy lifestyle-Delicious, easy to make vegetarian recipes that focus on fresh ingredients.