

🍴 MANGO & YOGURT ICE CREAM BARS 🍴

Prep Time: 20 min | **Freezing Time:** 5 hours | **Servings:** 7 | **Difficulty:** Easy | **Diet:** Vegan



Ingredients

For the ice cream bars:

- 2 cups diced ripe mango (about 1 large mango)
- $\frac{3}{4}$ cup plain unsweetened soy yogurt
- 3 tablespoons full-fat coconut milk
- 1 teaspoon fresh lime juice
- 1 tablespoon maple syrup or agave syrup (if needed)
- $\frac{1}{2}$ teaspoon vanilla extract
- Pinch of salt

For the chocolate shell:

- 4 oz dark chocolate (70%), chopped
- 2 tablespoons coconut oil

For the topping:

- $\frac{1}{4}$ cup chopped pistachios

How to make step by step

1. Prepare the mango

- Peel and dice the ripe mango
- Remove any tough fibers if needed
- The riper the fruit, the sweeter and creamier your ice cream bars will be

2. Blend the filling

- Add the mango, soy yogurt and coconut milk to a blender
- Mix in the lime juice, vanilla, salt and maple syrup (if need it)
- Blend until completely smooth and creamy

3. Fill the molds

- Taste the mixture and adjust the sweetness if needed
- Divide evenly among the ice cream bar molds
- Insert the wooden sticks

4. Freeze until firm

- Place the molds in the freezer
- Freeze for at least 5 hours better overnight
- The bars should be completely firm before coating

5. Make the chocolate shell

- Melt the dark chocolate with the coconut oil
- Stir until smooth and glossy
- Pour into a tall glass or jar for easy dipping

6. Dip and finish

- Remove the ice cream bars from the molds
- Dip each bar into the melted chocolate
- Sprinkle with chopped pistachios before the chocolate sets
- Let the shell harden for a minute, then enjoy or return to the freezer

👉 Video recipe: <https://youtu.be/26J2IXJJzo>