



The Dietitian's DISH

...for a
Healthy
Lifestyle



Sweet ways to fuel the Super Heroes in your life!



To perform at superhero levels, the key is to stay healthy. Nutrients in mangos may play a role in building up our immune system, keeping us healthier.

Their vitamins and minerals may also affect how we're able to perform during physical activity. The free radicals that our body produces during exercise may damage muscles. Antioxidants like Vitamins A and C, Folate, and Potassium (which are found in all types of fruits and vegetables, including mangos) may help protect the body from this type of damage.



Whether you're fueling up for exercise or recovering afterwards, choose a mango. It's a superfood with sweet rewards!

Frozen Yogurt-Dipped Mango Pops

Ingredients:

- 2 large ripe mangos
- 2 Tbsp. honey
- 2 cup non-fat plain Greek yogurt

• Optional Toppings:

mini chocolate chips, salted cashews, sprinkles, toasted coconut

- 12 lollipop sticks

Directions:

With a sharp knife, slice off the sides of the mango, avoiding the large seed in the middle. Cut parallel slices into the mango halves to dice, being careful not to cut through the skin. Scoop the mango cubes out of the skin using a spoon and skewer each mango cube onto a lollipop stick.

In a bowl, stir the yogurt and honey until combined. Dip each mango cube into the yogurt until coated. You may need to use a spoon to help cover them evenly. Sprinkle desired toppings onto each mango cube and place them on a baking sheet lined with wax paper. Place in the freezer until mangos are slightly frozen and yogurt has set, approximately 1-2 hours. Serve.



Recipe and image courtesy of

