

Mango & passionfruit icy poles

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fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
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po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
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Feeling the heat? Cool off with these delicious mango tropical ice treats from The Kind Cook, Mel B.

Preparation time: 15 minutes, plus freezing time

Ingredients (serves 8)

- 1 cup fresh [mango](#)
- 1 cup paw paw
- 1 cup pineapple juice
- Pulp from 8 passionfruit

Method

Place eight small cupcake baking cups on a small tray that will easily fit on a shelf in your freezer.

Blend the first three ingredients together.

Whisk the passionfruit pulp through the blended ingredients.

Pour the mixture into the baking cups. Place the tray in the freezer.

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Wait until the ice treats are partly frozen. Once they are, carefully insert an icy pole stick into the centre of each baking cup. Freeze until the mixture is completely solid.

Recipe and images by [Mel B](#)

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function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
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