



**bariatric care**

## Ingredientes

- ☐ ½ cup greek yogurt (1 portion of yogurt)
- ☐ ½ mango ( 1 portion of fruit)

## FROZEN YOGURT POP

I doubled up recipe to share with family (4), recipe is for 2.

1. Blend yogurt and mango, until is all mix in.
2. Add the mix in the mold
3. Put it in the freezer for a least an hour.

## Chef's Notes

---

---

---