

SUPER CREAMY RECIPES!

Tropical

A TASTE OF SUMMER IN EVERY BITE!



INGREDIENTS:

- Plain kefir
- Chunks of ripe mango
- Shredded coconut

PREPARATION:

1. Blend the mango until smooth.
2. Mix it with the kefir.
3. Pour into molds and sprinkle a little shredded coconut on top.
4. Freeze for a few hours and enjoy your tropical dots.

*NOTE: You can add sugar or sweetener to taste for a sweeter touch.