PRIMAL GUIDE

Frozen Yogurt & Mango Bites

PREP 5 MIN • YIELD 12 BITES

INGREDIENTS

- 1 cup raw plain yogurt (whole milk)
- ½ cup chopped ripe mango
- 1 tsp honey (optional)

STEPS

1. Mix yogurt with mango chunks.
2. Spoon into silicone molds or mini muffin cups.
3. Freeze for 2–3 hours.
4. Pop out and enjoy frozen bites.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/frozen-yogurt-mango-bites

Not medical advice. Talk with your doctor about your diet.

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