



ZINGY FERMENTED MANGO POPS

What you need:

- Flesh of 3 ripe and tasty mangoes
- 1 cup of kefir (can be homemade, store bought or even Kombucha)
- Blender
- Ice-block moulds
- Large glass jar

Instructions

1. Place mango flesh & kefir in a blender and blitz until smooth.
2. Pour into a large, clean jar (must be air tight). Leave at least an inch of space between the mix and lid.
3. After 6hrs, check for any detectable sweetness. If it's zingy, you know it's ready to pour into your ice-block moulds leaving a cm space at the top allowing for expansion and place in the freezer for at least 5 hours before eating.
4. If not, leave and check every couple of hours. If it tastes alcoholic you have gone too far and is probably best not to consume. Or leave them for the parents lol.