

Deliciously Pinned

Easy Mango Popsicles for Babies

Simple, refreshing & naturally sweet
homemade treat for little ones

100% Natural | No Added Sugar



Made with simple ingredients, perfect for babies and toddlers

Homemade Baby-Friendly Recipes
DeliciouslyPinned.com

Prep Time: 10 mins
Freeze Time: 4–6 hours
Servings: 4–6 popsicles
Age: 8+ months (adjust as needed)

This afternoon, I made these easy mango popsicles for babies, and they turned out so refreshing and naturally sweet. I like knowing exactly what goes into it, especially when making something for my baby.

When I gave this to my little one who was a bit upset because of the heat, that little smile that came after was honestly the best part of my day

Ingredients

- Ripe mango
- Fresh milk

Just two simple ingredients, but together they turn into something really smooth and naturally sweet.

Step 1

Peel the mango and cut it into small pieces.



Fresh ripe mango, cut into small pieces

Step 2



Smooth mango and milk mixture blending together

Step 3

Pour the mixture into popsicle molds and place them in the freezer for about 4–6 hours.



Mango mixture poured into molds, ready for freezing

Tips

If your baby is under 1 year old, you can use yogurt or formula milk instead of fresh milk

To remove the popsicles easily from the mold, hold it under normal water for a few seconds

From my experience, leaving it out for about a minute before serving makes it softer and easier for babies to enjoy

Baby Safety Tips

Always introduce new foods slowly and in small amounts

Watch for any possible allergies

Adjust ingredients based on your baby's age and needs



Sometimes when I try simple ideas like this, I also look at things like [Healthy Sago Porridge \(Sau Kenda\)](#) for more easy, homemade options.

If you enjoy making simple homemade snacks like this, you might also like checking [Easy Breakfast Ideas for Every Day](#).

Conclusion

It's a simple little treat, but on a warm day, it can make a big difference.

I hope your little one enjoys it as much as mine did