

Fresh Frozen Fruit Pops

The perfect no sin summer treat!

- 2 cups fresh blueberries
- 2 cups fresh strawberries
- 2 cups fresh golden raspberries
- 1 tbsp lemon or lime juice (optional)



Starting with the fruit of your choice, separately puree each fruit to a smooth texture. Individually pour puree into popsicle molds so that you have three distinct layers of fruit.

Freeze for at least 4 hours (overnight is preferable). For extra flavor or to ease blending, try adding a little fresh lemon or lime juice to the puree.

Serves 8.

Nutrient Profile (per serving):

Calories	50 kcals	Fat	0 gm
Protein	1 gm	Fiber	2 gm

Berries are a nutritional powerhouse - rich in vitamin C, fiber, potassium, and various phytochemicals. Additionally, the anthocyanins, specific phytochemicals in berries, act to reduce the genetic damage caused by carcinogens found in tobacco smoke and air pollution. In sum, berries provide anti-cancer, anti-inflammatory, anti-ulcerative, and anti-viral properties. And they taste great! Enjoy!