

# Berry Lemonade Pops

## Ingredients:

2 1/2 cups water

10 Tbs. lemon juice  
(approximately 6  
small lemons)

1/4 cup Stevia (or calorie-  
free natural sweetener)

1/2 cup sliced  
strawberries

1/2 cup blueberries  
Popsicle mold



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## Directions:

**Stevia Simple Syrup:** In a small saucepan, combine Stevia and 1 cup water. Over high heat, stir continuously until Stevia has dissolved to create a syrup. Let cool.

In a pitcher, combine lemon juice, remaining water and simple syrup. Stir well. Place a few berries into each popsicle mold, then add lemonade until full.

Freeze overnight.

Yields: 6 servings

Calories per serving: 17

Fat per serving: .25 grams

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