

Berry Lemonade Pops

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Ingredients:

2 1/2 cups water	1/4 cup Stevia (or calorie-free natural sweetener)	Popsicle mold
10 Tbs. lemon juice (approximately 6 small lemons)	1/2 cup sliced strawberries	
	1/2 cup blueberries	

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