

# **FEATURED RECIPE:** AVAILABLE AT [WWW.NEWMANRH.ORG/BLOG](http://WWW.NEWMANRH.ORG/BLOG) **BERRY-LEMON ICE POPS**

- 1 LEMON
- 1 ½ C FRESH STRAWBERRIES, QUARTERED
- 1 ½ C FRESH BLUEBERRIES
- ¼ C WATER
- ¼ C HONEY

REMOVE 2 TSP ZEST AND SQUEEZE 1 TBSP JUICE FROM LEMON. IN A BLENDER COMBINE THE BERRIES AND THE WATER. COVER; BLEND UNTIL NEARLY SMOOTH. ADD LEMON ZEST, JUICE AND HONEY. COVER; BLEND UNTIL COMBINED. POUR MIXTURE INTO ICE-POP MOLDS OR INTO EIGHT 3-OZ PAPER CUPS; COVER EACH CUP WITH FOIL. CUT A SMALL SLIT IN FOIL; INSERT WOODEN STICKS. FREEZE OVERNIGHT OR UNTIL FIRM.



**BERRY-LEMON ICE POPS**

**NUTRITION PER EACH POP: 53 CALORIES, 14 G CARBOHYDRATES, 0 FAT, 0 PROTEIN, 1 MG SODIUM.**