



# Strawberry Lemonade Ice Pops

Shine 365  
Marshfield Clinic

**PREP TIME:** 15 minutes • **FREEZE TIME:** 4 hours • **SERVINGS:** 12

## INGREDIENTS

- 1 12-ounce can frozen lemonade concentrate
- 3 cups cold water
- 1 16-ounce package frozen sliced strawberries
- 12 small paper cups or molds
- 12 wooden ice pop sticks

## INSTRUCTIONS

In a large pitcher, stir together the lemonade concentrate and water. Place strawberries into the container of a blender, and puree until smooth. Pour in some of the lemonade if necessary to help with blending. Stir strawberry puree into the lemonade. Pour into molds, and freeze until firm, about 4 hours.

## NUTRITION INFORMATION

Each serving contains about 79 calories; 0.1 g total fat; 20.6 g carbohydrate; 0 mg cholesterol; 0.3 g protein; 0.9 g dietary fiber; 2 mg sodium.