

Lemon or Strawberry Ice Cubes

Ingredients

- 4-6 strawberries or 1 lemon, juiced
- ¼ cup hot water
- Mint, chopped (optional)
- Stevia to taste (optional)

Directions

1. Puree strawberries with water and Stevia or juice lemon and mix with water & mint.
2. Pour fresh juice of lemons or pureed strawberries into ice cube trays and freeze.
3. Add to cold drinks, recipes, and teas for added flavour.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
15 calories (lemon) 30 calories (strawberries)

