



Strawberry Sorbet/Pops

Ingredients

- 4-6 medium strawberries
- Any flavoured or powdered Stevia to taste
- Approximately 3 cubes of ice
- ½ teaspoon vanilla powder or cocoa (optional)
- 2 tablespoons lemon juice
- ¼ cup filtered water

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
35 calories

Directions

1. Blend ingredients together until smooth.
2. Pour into a dish or Popsicle molds and freeze until firm.

PHASE 3 MODIFICATIONS:

Add half and half or cream and whipped egg whites. Mix in chopped nuts and freeze for an ice cream style dessert.

