



# Strawberry Popsicles

*Refreshing, fruity, and naturally sweet, these strawberry popsicles are a wholesome treat loved by kids and adults alike. Perfect for hot summer days, make ahead in batches and store in the freezer for an easy, grab-and-go option. Just blend, freeze, and enjoy.*

Serves: 6

Serving Size: 1 popsicle (4 oz)

## Ingredients

- 3 cups fresh strawberries, hulled
- 1/4 cup of fresh lemon juice
- 1 tbsp honey

## Directions

1. Blend strawberries, lemon juice, and honey in a blender until smooth.
2. Pour the mixture into ice cube trays, small paper cups, or cupcake liners.
3. Insert popsicle sticks, if using (optional).
4. Freeze for at least 4 hours or overnight.
5. To remove, run the bottom of the ice cube trays or cups under warm water briefly and gently pull out the frozen treats.

**Note: You can use ice cube trays, cupcake tins with liners, or small paper cups (2-3 ounces) to portion the strawberry mixture. Popsicle sticks are available at stores like Target, Michaels, or Walmart.**

## Nutrition Info per serving:

Calories: 40, Saturated Fat: 0g, Sodium: 1.2mg, Added Sugars: 0g, Fiber: 1.7g, Protein: .6g

Recipe adapted from:

<https://thedomesticdietitian.com/summer-strawberry-popsicles/>