



## June 26- Blackberry Basil Popsicles

Smart Snack

Link: <http://www.theniftyfoodie.com/2012/08/24/blackberry-basil-popsicles/>

### Recipe

*Ingredients:*

1 ½ cup blackberries

½ cup fresh basil

2 Tablespoons honey

Juice of one lemon

*Directions:*

1. Combine ingredients in blender or food processor and blend until smooth.
2. Add the mixture to Popsicle molds or small paper cups. Freeze for at least eight hours.

Yield 2 servings

### Nutrition Facts

Serving Size ¾ cup (163.1g)

Servings Per Container 2

**Amount Per Serving**

**Calories** 130      **Calories from Fat** 5

**% Daily Value\***

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 6g      **24%**

Sugars 23g

**Protein** 2g      **4%**

Vitamin A 15%      •      Vitamin C 60%

Calcium 6%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.