



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.