

Strawberry Lemonade Freeze Pops

By: The Jaroudi Family

Serves 6

Ingredients:

1/4 cup + 1 Tbsp lemon juice

3/4 cup water

1 cup fresh or frozen strawberries (166 g)

2 large, pitted dates (48 g)

Directions:

- 1.) In a high-speed blender, add all ingredients. Blend until smooth.
- 2.) Pour mixture into each freeze pop bag and freeze until solid.

Notes:

I love these silicone freeze pop molds I found on Amazon.

<https://tinyurl.com/mt6ndjy8>