

## FUTURELIFE® ZERO ICE POPSICLE



Serves: 6

You will need 6 plastic cups or an ice Popsicle mould

### INGREDIENTS:

- 1 cup FUTURELIFE® ZERO Smart Food™
- 2 cups berry juice
- 1 cup water
- 12 fresh strawberries (or any other berry) cut in small cubes
- 1 drop pink food colouring for fun (optional)

### METHOD:

1. Blend together FUTURELIFE® ZERO Smart Food™, berry juice and water until smooth
2. Pour equal amounts of blended liquid into ice popsicle moulds or plastic cups
3. Add equal amounts of strawberries into each cup/mould
4. Place into the freezer for 2 hours
5. Remove to put in sticks
6. Leave over night to freeze completely
7. Enjoy next to the pool on those hot summery days!