

*No Sugar Added Strawberry Fruit-sicle this is a migraine safe recipe, low sugar recipe and dairy free recipe**



What You Need

- 1 1/2 Cups Strawberries (or other fresh fruit) cleaned and stems removed
- 1 Cup Milk (I use lactose free milk)*
- 1 Tbsp. Splenda (or 3 tsp. sugar)*
- Popsicle molds (or ice cube trays and popsicle sticks)
- Blender/food processor

Let's Make it! Pop your fruit into the food processor/blender pulse a few times to make very small pieces, add milk and sweetener and blend/puree for 1-3 minutes. If it appears to thin add a bit more fruit. Fill your popsicle/ice trays and freeze for 3-4 hours.

Makes 4 fruit-sicles or about 12 ice cube tray pops.

***Katie's Tid Bits** -if you aren't on a restricted diet, substitute non dairy milk for milk and 1 Tbsp of Splenda to 3 tsp. sugar. try adding vanilla bean ice cream instead of milk. Note: Most berries and soft fruits work well in this very easy fruit-sicle recipe.

We can't stop the clock, but we can keep our spirits young with humor, gratitude, and creativity. Eat a fruit-sicle and go play in the sprinkler, life is short.

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