

Zola Pops



Plan Z Phase: This is a Z2 (ZReduction) recipe. This recipe was contributed by Plan Z dieter Amy from Chicago. Good thinking, Amy! Great idea!

Servings: Serves 4

Ingredients:

- 2 cups strawberries, raspberries or blueberries
- 1/4 cup sparkling water (if you're in ZReboot, try adding spiked sparkling water for a grown-up twist)
- 3 – 4 tsp Truvia

Instructions:

Mix the berries, sparkling water and Truvia together in your blender or food processor. Pour into popsicle molds and let set at least 8 hours to freeze. If you have larger molds this recipe should make 4 popsicles.

Enjoy!

Cheers,