

## Fresh Beet Popsicles



*Embark on a flavorful journey with these refreshing and healthy treats, boasting the natural sweetness and stunning hues of beets. Indulge in a unique frozen delight that will brighten up your summer.*

Preparation 5 min

Cooking 0 min

Servings 10

Nutrition Facts (per serving)

Calories 60

Fat 0

Carbohydrates 14

Fibre 2

Protein 1

Sodium 30

### **Ingredients**

- 1 - 398 ml (14 fl oz) can whole beets in water, drained
- 500 ml (2 cups) frozen raspberries
- Zest and juice of 2 limes
- 60 ml (¼ cup) maple syrup
- 1 apple, seeded (McIntosh, Spartan or Cortland)

## Preparation

1. Place all ingredients in the container of an electric blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze for at least 6 hours. Drizzle hot water under the molds to ease the unmolding.

## Notes

Can be kept for 1 year in the freezer.



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