

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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