

**SERVES 6**

# No Sugar Red White & Blue Fruit Popsicles

(Keto, Low-Carb, Gluten-Free, Vegan)

Isabellemckenzie.com | total time: 3 hours



## INGREDIENTS

### For the red layer:

- 1 cup strawberries chopped, fresh or frozen and thawed
- 15-20 drops of liquid stevia or 1 Medjool date pitted
- 2 tablespoons water

### For the white layer:

- 1 cup Greek yogurt or full fat coconut milk, at room temperature
- 1 tsp pure vanilla extract
- 1 tbsp fresh lemon juice \*optional
- 10-15 drops liquid stevia vanilla creme \*can be omitted

### For the blue layer:

- 1/4 teaspoon blue spirulina powder \*optional for color
- 1 cup frozen blueberries
- 2 tbsp fresh lemon juice \*optional
- 15-20 drops liquid stevia \*can be omitted

## INSTRUCTIONS

1. In a blender or food processor, blend the all the ingredients for the red strawberry layer. Carefully pour about 2 tablespoons into each pop mold. It should be filled about 1/3 of the way. Place the molds into the freezer for 40 minutes to set.
2. Now combine the ingredients for the white layer in a small bowl, using either coconut milk or yogurt. Whisk to combine. Carefully pour about 2 tablespoons of the creamy mixture into each pop mold, over the top of red layer. It should be filled about 2/3 of the way. Place molds back in freezer for about 10 minutes.
3. Combine all blue layer ingredients in a blender or food processor. Blend until smooth. Pour about 2 tablespoons into each pop mold over, filling the popsicle mostly to the top of the mold. Add the popsicle sticks.
4. Freeze overnight and enjoy.
5. Note: You could pour in each colors layer without freezing in-between, but the popsicles will look more tie-dyed.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag **#cookingwithisabelle**

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