

Strawberry Sorbet/Pops

Ingredients

- 4-6 medium strawberries
- Any flavoured or powdered Stevia to taste
- Approximately 3 cubes of ice
- ½ teaspoon vanilla powder or cocoa (optional)
- 2 tablespoons lemon juice
- ¼ cup filtered water

Directions

- 1. Blend ingredients together until smooth.
- 2. Pour into a dish or Popsicle molds and freeze until firm.

PHASE 3

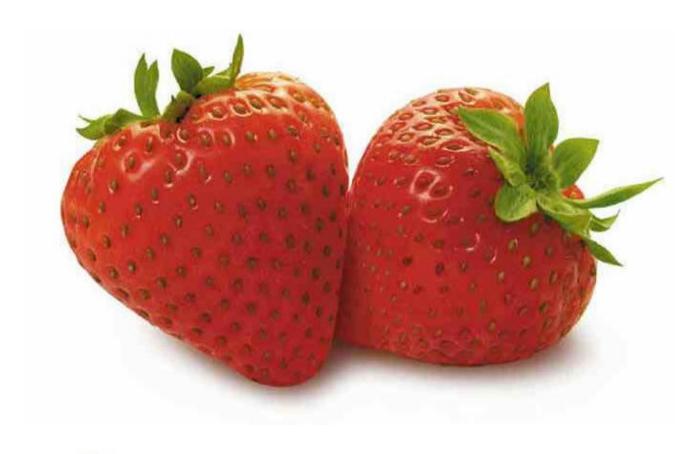
Makes 1 serving

0.5 gram protein

(1 fruit)

0 fat 35 calories

MODIFICATIONS:
Add half and half or cream and whipped egg whites. Mix in chopped nuts and freeze for an ice cream style dessert.





call email web (416) 477 - 1345 info@HCGDIETCANADA.com www.HCGDIETCANADA.com