

IDEAL PROTEIN LEMONADE POPSICLES



INGREDIENTS

ITEM

IP Lemonade Water Enhancer
Water
Popsicle Molds

QUANTITY

1 Packet
2 Cup



PREPARATION

- ✔ In a pitcher or container, combine the IP Lemonade Water Enhancer with 2 cups of water. Stir well until the water enhancer is fully dissolved.
- ✔ Pour the lemonade mixture into popsicle molds, leaving a little space at the top for expansion.
- ✔ Place the popsicle molds in the freezer and let them freeze for about 1-2 hours or until they start to set.
- ✔ Insert popsicle sticks into the partially frozen popsicles. If your popsicle molds come with built-in sticks, skip this step.
- ✔ Return the popsicles to the freezer and let them freeze completely for at least 4-6 hours or overnight.
- ✔ Once fully frozen, remove the popsicles from the molds by running them under warm water for a few seconds to loosen them.
- ✔ Serve the lemonade popsicles immediately and enjoy!