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## Strawberry Popsicles

### Ingredients

500 ml	Fresh strawberries	2	cups
125 ml	Vanilla yogurt	1/2	cup
30 ml	Golden Flax Flour	2	Tbsp
65 ml	Sugar, white	1/4	cup
2.5 ml	Vanilla extract	1/2	tsp
125 ml	Water	1/2	cup

Yield: 8 popsicles

Kids will love these delicious, nutritious, cool, refreshing popsicles.

1. Combine the fresh strawberries, yogurt, flax flour, sugar, vanilla extract and water in a food processor.
2. Blend until smooth.
3. Pour the puree into a popsicle maker.
4. Freeze for at least 6 hours.
5. Remove and serve immediately.

### Nutrient Facts Per

Calories / Calories.	69	kcal
Fat / Lipides	2	g
Saturated / Saturés	0	g
Trans / Trans	0	g
Cholesterol / Cholestérol	1	mg
Sodium / Sodium	11	mg
Carbohydrate / Glucides	13	g
Fibre / Fibres	2	g
Sugar / Sucres	11	g
Protein / Protéines	2	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	40	%
Calcium / Calcium	4	%
Iron / Fer	3	%

