



## Fruit Ice Cubes

**Prep: 5 minutes • Serves: 6**

- 2 cups raspberries, blueberries strawberries or blackberries
- 1½ teaspoons granulated sugar
- 1½ teaspoons fresh lemon juice
- 2 tablespoons water

**1.** in blender, purée all ingredients; pour into ice cube trays and freeze overnight. Makes 30 (1-inch) ice cubes.

*Approximate nutritional values per serving(5 ice cubes):  
27 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 0mg Sodium,  
6g Carbohydrates, 3g Fiber, 3g Sugars, 1g Added Sugars, 1g Protein*

### **Chef Tip**

*Serve ice cubes in sparkling water or lemonade.*