

Patriotic Popsicles

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blueberries
thinly sliced kiwi
thinly sliced strawberries
coconut water

Drop blueberries, kiwi slices and strawberry slices into popsicle molds.

Fill the molds with coconut water.

Insert popsicle sticks.

Freeze for several hours.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0

Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g 0%
 Saturated Fat 0g 0%
Cholesterol 0mg 0%
Sodium 0mg 0%
Total Carbohydrates 0g 0%
 Dietary Fiber 0g 0%
Protein 0g

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.