

Cherry Limeade Fizz Pops

*A cool, refreshing Summer treat!
Popsicles are the perfect treat for those hot summer days!
These ones in particular have a special ingredient to help
boost or replenish your electrolyte levels and help you
stay hydrated!*

Prep Time: 5 minutes

Freezing Time: 6 hours

Servings: 6-10 popsicles



INGREDIENTS

- 1 cup Water
- 1/3 cup Lime Juice
- 2 tablespoons Honey
- 2 cups Pitted Cherries (fresh or frozen)
- 2 scoops Ionic-Fizz™ Magnesium Plus™

INSTRUCTIONS

1. Blend all ingredients until smooth
2. Pour mixture into popsicle tray
3. Freeze for at least 6 hours
4. Take out and enjoy!

NOTES:

Should you like to add chunks of fresh fruit or chocolate, these should be added before or during the time when the mixture is poured into the popsicle tray, depending on how spread out and where you would like your chunks to be.