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Summer Hydrate Popsicles - FP

Any of the flavorful THM Hydrates can make simple, yet fun desserts or a summer's treat for both children and adults alike. These Summer Hydrate Popsicles are a perfect cool down for the summer heat and humidity.

Serving Size: Makes 4 Popsicles

INGREDIENTS:

- 1 & 1/3 cup water
- 2 THM Lemon Love or Orange Oasis Hydrate Packets (or other Hydrate flavor)
(See Recipe Notes)

INSTRUCTIONS:

1. Mix the Hydrates into the water and stir well.
2. Pour a 1/3 cup liquid into each section of your popsicle maker.
3. Place in freezer until frozen.

RECIPE NOTE:

Depending on the THM Hydrate flavor you choose to use will determine how many packets you might want to use. For example, if you find that making the *Orange Oasis Hydrate* or *Cherry Berry Hydrate* as drinks are strong with only 1 packet, consider using only 1 packet when making the *Summer Hydrate Popsicles*.

The *Summer Hydrate Popsicles* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com