



Red, White and Blue Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



32 kcal

Ingredients

- 1 cup sports drink blue such as gatorade
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup pink lemonade kool-aid

Equipment

- baking sheet

Directions

- Arrange 8 3-oz. paper or plastic cups on a baking sheet and divide cranberry juice evenly among them.
- Place baking sheet in freezer and freeze until juice is almost firm, about 1 hour.
- Insert craft sticks into center of slightly frozen juice. (If sticks won't quite stand up straight, you can reposition them when the next layer starts to solidify.)
- Divide lemonade evenly among cups to make a second layer. Freeze until hard, about 2 hours.
- Pour Gatorade over lemonade layer and freeze until solid, about 3 hours. Gently pull each ice pop out of its cup (it helps to squeeze the cup lightly from bottom) and serve immediately.

Nutrition Facts

PROTEIN 1.48% **FAT 1.11%** **CARBS 97.41%**

Properties

Glycemic Index:15.06, Glycemic Load:4.56, Inflammation Score:-1, Nutrition Score:0.67434782065127%

Nutrients (% of daily need)

Calories: 31.51kcal (1.58%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 8.07g (2.93%), Sugar: 7.32g (8.13%), Cholesterol: 0mg (0%), Sodium: 10.02mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin C: 2.94mg (3.56%), Vitamin E: 0.38mg (2.53%), Calcium: 22.55mg (2.26%), Vitamin K: 1.61µg (1.54%)