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Low-Sugar Red, White, and Blue Popsicles

Serving size: 1 popsicle

Recipe yields 16 servings

Ingredients

Red layer:

1/2 cup coconut milk (or milk of choice)

2 scoops Signature Cherry Limeade BCAAs

1/2 cup honey Greek yogurt

1/8 tsp Xanthan gum

White layer:

1/2 cup coconut milk

1/4 tsp coconut extract

1/2 cup honey Greek yogurt

1/8 tsp Xanthan gum

Blue layer:

1 cup water

2 scoops Signature Blue Raspberry BCAAs

1/2 cup honey Greek yogurt

1/8 tsp Xanthan gum

Directions

1. Blend red layer ingredients together and divide evenly into popsicle molds. Repeat with white and blue layers, carefully scooping each layer on top of the last to avoid mixing colors.
2. Gently tap popsicles to remove air bubbles, then add lid and popsicle sticks before placing in freezer.
3. Freeze popsicles 3-4 hours or overnight. To serve, run mold under warm water or dunk in a bowl of hot water to loosen popsicles. Enjoy!