



**Nutrition Information:**

Calories: 43  
Protein: 4 g  
Carbohydrates: 6 g  
Fat: 1 g  
Fiber: 1 g

<b>PREP TIME</b> <b>5</b> min	<b>COOK TIME</b> <b>2</b> hrs	<b>TOTAL TIME</b> <b>2:05</b> hrs min	<b>RECIPE MAKES</b> <b>4-6</b> servings
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Sweet, succulent raspberries and tart lemonade combine in this delicious popsicle treat that can be enjoyed as a snack or dessert. By using ridiculously creamy Raspberry Muuna cottage cheese, you'll add 15g of protein, Vitamins A + C, and potassium!

**INGREDIENTS**

- 1 Container of 5.3oz. Raspberry Muuna cottage cheese
- 1 tsp. True Lemon Raspberry Lemonade powdered drink mix
- ½ cup + 1 Tbsp. Water
- ½ cup Fresh raspberries
- 1 tsp. Sugar

**INSTRUCTIONS**

- 1) Empty cottage cheese container, powdered lemonade, and ½ cup water into a blender and blend until smooth.
- 2) In a bowl, mash raspberries, 1 Tbsp. water and sugar with a fork until macerated.
- 3) Pour 1 Tbsp. raspberry mixture into 4-6 popsicle molds.
- 4) Pour blended cottage cheese mixture into the molds, leaving 1 inch unfilled at the top.
- 5) Pour 1 Tbsp. raspberry mixture into the unfilled portion of each popsicle mold.
- 6) Add popsicle sticks and freeze for two hours.
- 7) Run popsicle molds under warm water for a few seconds before removing.
- 8) Remove from molds and enjoy immediately!