AMERICAN · DESSERT · SNACK

Sugar-Free Berry Popsicles (Strawberry and Blueberry)

10 min · plus 6 hours to overnight freezing · Makes 6 × 1 popsicle · 37 kcal a portion

Video 5:21 · Wholesome Yum

Vegan · Gluten-free ingredients · Nut-free

Whole berries and lemon sweetened with a monk fruit and allulose blend instead of sugar: about 7 g net carbs a popsicle and no added sugar.

Diet notes: Low carb (7.1 g net carbs) but not keto: 7% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients

6 · MAKES 6 × 1 POPSICLE

- [ ] 60 ml **lemon juice**, fresh or bottled (2 tbsp for each flavour)
- [ ] 150 g **fresh strawberries**, hulled
- [ ] 60 g **fresh raspberries**
- [ ] 6 tbsp **water** (3 tbsp for each flavour)
- [ ] 6 tbsp **monk fruit allulose sweetener**, powdered (Besti; 3 tbsp for each flavour)
- [ ] 220 g **fresh blueberries**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Make the red popsicles first: squeeze 2 tbsp lemon juice into a blender. Lemon keeps the colour bright and brings out the berries' sweetness. 0:53
2. Add the hulled strawberries and the raspberries. Frozen fruit works too; thaw it for about 30 seconds in the microwave first. 1:25
3. Add 3 tbsp water and 3 tbsp powdered monk fruit allulose sweetener. 1:52
4. Blend about 30 seconds until smooth, taste and add more sweetener if needed, then pour into 3 popsicle moulds, leaving a little room for the sticks. 2:44
5. Repeat with the blueberries and the other 2 tbsp lemon juice, 3 tbsp water and 3 tbsp sweetener, and pour into the remaining 3 moulds. 3:15
6. Push in the sticks (or fit the mould lids) and freeze at least 6 hours or overnight, until firm. 3:33
7. To serve, run the moulds under warm water for a few seconds and the popsicles slide out. 3:53

> **Tip** Any berries work in the same ratio (berries are the lowest in sugar). Fresh mint is nice blended in. You can leave out the sweetener if you don't mind them less sweet.

The method is a summary in our words — the video shows every step.

One portion (1 popsicle) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
37 kcal	0.6 g	9.2 g	2.1 g	0.3 g	0 mg
150 kJ	1% of a day	7.1 g net · 5.6 g sugars	7% of a day	0 g saturated	0% of a day
		3% of a day		0% of a day	

Energy from net carbs 85% · protein 7% · fat 8%

High in (20%+ of a day) Vitamin C 28%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=9Gi0u8VOacc, published 12 July 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-berry-popsicles