



## Thickened Freeze Pops

### Ingredients

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Lemonade, Fruit Juice, Gatorade, nutritional supplement or yogurt blend	32 oz.
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SimplyThick® EasyMix™	1 (48g) Nectar Packet <b>OR</b> 8 (6g) Nectar Packets <b>OR</b> 8 strokes
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**Yield:** approx. 10, 3 oz. popsicle

**Special Equipment Needed:** SimplyThick shaker or a blender, Freeze Pop plastic sleeves such as Zipzicles, a funnel or turkey baster.

Wash hands before beginning preparation. **SANITIZE** surfaces & equipment.

- 1 Pour your favorite lemonade, fruit juice Gatorade, nutritional supplement or yogurt blend into the SimplyThick shaker or a blender. Ensure there is at least 2-3" of head space.
- 2 Dispense SimplyThick gel into beverage and shake vigorously for 10 seconds or mix using a blender for 20-30 seconds until desired consistency is reached.
- 3 Open plastic sleeves and dispense thickened beverage using a funnel or turkey baster to fill line. If your plastic sleeve does not have a fill line, ensure there is at least 1" of head space as the juice will expand when frozen.
- 4 Place in freezer until frozen.
- 5 Serve and enjoy.
  - **Tip: wrap with napkin to prevent cold hands.**

### Critical Control Points (CCP):

- Please consult with SLP for approval of plastic sleeve prior to use.
- Store at temperatures that keep food in frozen state.

If you have any questions pertaining to the SimplyThick products, please don't hesitate to contact us: 800.205.7115/ [www.simplythick.com](http://www.simplythick.com)



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