

WATERMELON PROTEIN POPSICLES

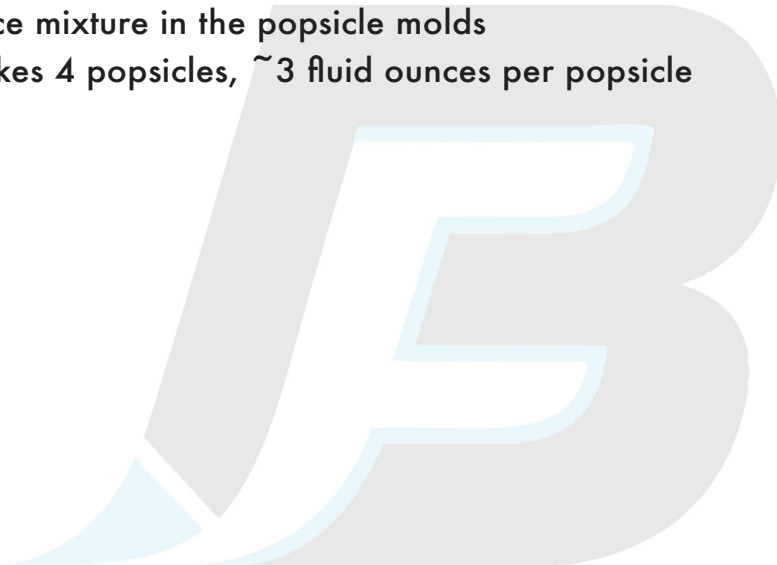


INGREDIENTS:

- 2 scoops Birthday Bliss Glam Pro
- 2 cup seedless watermelon (~200 g)
- 1/3 cup light canned coconut milk

DIRECTIONS:

1. Place all ingredients in a blender
 2. Blend until smooth
 3. Place mixture in the popsicle molds
 4. Makes 4 popsicles, ~3 fluid ounces per popsicle
- Enjoy!



Makes 4 Servings | Serving Size = 1 Popsicle
Calories: 62 | Protein: 7 g | Carb: 5 g | Fat: 1 g