

## Protein Popsicles

*Submitted by Donna S.*

1 package (4 serving size) sugar free gelatin  
1 package Kool-Aid (without sugar  
or sweetener added)  
1 cup Splenda  
2 cups boiling water  
2 cups cold water  
2 scoops Nectar Protein  
(flavor of your choice)

Add gelatin to boiling water. Stir until dissolved. Add cold water, Kool-Aid, Splenda and Nectar; stir until mixed. Pour into 3 oz paper cups and freeze for 20 minutes. Add popsicle sticks and freeze until firm. Peel off paper before eating.  
Makes 8 popsicles

Nutrition information per popsicle 23 Calories; 6 grams Protein; 0 grams Fat; 0 grams Carbohydrate; 15 mg Sodium.