

# **Berrylicious Ice Cubes**

**Makes 16 Ice Cubes**

## **Ingredients**

16 raspberries  
32-48 blueberries  
Water

## **Directions**

1. In an ice cube tray, place 1 raspberry and 2-3 blueberries in each cube.
2. Fill with water.
3. Place tray in freezer overnight, or until completely frozen.
4. Remove ice cubes from tray and add to water.
5. For a fun twist, try with sparkling water, club soda, seltzer water, etc.



**Nutrition Information per Cube:** Calories: 5, Total Fat: 0gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 1gm, Fiber: 0gm, Protein: 0gm, Sodium: 0mg

# Triple Berry Fruit Cubes

Makes 14 Ice Cubes

## Ingredients

20 raspberries  
40 blueberries  
10 strawberries

## Directions

1. Wash berries well and pat dry. Remove tops from strawberries.
2. Place berries into a food processor or blender and pulse until smooth.
3. Pour berry puree into an ice cube tray, filling each cube completely.
4. Place tray in freezer overnight, or until completely frozen.
5. Remove ice cubes from tray and add to water.
6. For a fun twist, try with sparkling water, club soda, seltzer water, etc.\*



**Nutrition Information per Cube:** Calories: 5, Total Fat: 0gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 2gm, Fiber: 0gm, Protein: 0gm, Sodium: 0mg

\*For a light drink option, add cubes to your favorite champagne or white wine.