



# 7 Day Metabolic Reset Meal Plan

LACY AKERS, FDN-P



## MON



**BREAKFAST**  
Sausage & Sauerkraut Skillet



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Chicken, Kale & Sweet Potato Skillet



**SNACK 2**  
Carrots & Guacamole



**DINNER**  
Roasted Salmon with Avocado Salsa,  
Herb & Garlic Roasted Vegetables



**SNACK 3**  
Roasted Apples & Blueberries

## TUE



**BREAKFAST**  
Sausage & Sauerkraut Skillet



**SNACK 1**  
Golden Turmeric Latte



**LUNCH**  
Roasted Salmon with Avocado Salsa,  
Herb & Garlic Roasted Vegetables



**SNACK 2**  
Carrots & Guacamole



**DINNER**  
Chicken with Mushroom Garlic Sauce



**SNACK 3**  
Blackberry Popsicles

## WED



**BREAKFAST**  
Sausage & Sauerkraut Skillet



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Chicken with Mushroom Garlic Sauce



**SNACK 2**  
Mango Shrimp Skewers



**DINNER**  
One Pan Steak, Asparagus &  
Mushrooms



**SNACK 3**  
Roasted Apples & Blueberries

## THU



**BREAKFAST**  
Sausage & Sauerkraut Skillet



**SNACK 1**  
Golden Turmeric Latte



**LUNCH**  
Rosemary Lemon Chicken Skillet



**SNACK 2**  
Mango Shrimp Skewers



**DINNER**  
Thai Basil Bison Salad



**SNACK 3**  
Roasted Apples & Blueberries

## FRI



**BREAKFAST**  
Paleo Sweet Potato Porridge



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Rosemary Lemon Chicken Skillet



**SNACK 2**  
Mango Shrimp Skewers



**DINNER**  
Thai Basil Bison Salad



**SNACK 3**  
Roasted Apples & Blueberries

## SAT



**BREAKFAST**  
Paleo Sweet Potato Porridge



**SNACK 1**  
Golden Turmeric Latte



**LUNCH**  
One Pan Steak, Asparagus &  
Mushrooms



**SNACK 2**  
Mango Shrimp Skewers



**DINNER**  
Lemon & Asparagus Chicken Skillet



**SNACK 3**  
Blackberry Popsicles

## SUN



**BREAKFAST**  
Paleo Sweet Potato Porridge



**SNACK 1**  
Immunity Boosting Bone Broth



**LUNCH**  
Lemon & Asparagus Chicken Skillet,  
Raspberry Coconut Panna Cotta



**SNACK 2**  
Carrots & Guacamole



**DINNER**  
Thai Basil Bison Salad



**SNACK 3**  
Blackberry Popsicles



## FRUITS

- 10 Apple
- 2 1/2 Avocado
- 2 Lemon
- 2 3/4 tbsps Lemon Juice
- 3 Lime
- 1 tbsp Lime Juice
- 2 Mango
- 1 1/2 cups Raspberries

## BREAKFAST

- 1/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 1/2 tsps Cinnamon
- 1 tsp Dried Chives
- 1 tsp Dried Parsley
- 1 1/2 tsps Garlic Powder
- 1 3/4 tbsps Sea Salt
- 1 1/2 tsps Turmeric

## FROZEN

- 2 cups Frozen Blackberries
- 4 cups Frozen Blueberries

## VEGETABLES

- 5 cups Asparagus
- 4 cups Baby Spinach
- 1 Beet
- 2 cups Broccoli
- 3 cups Butternut Squash
- 11 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 2 tbsps Cilantro
- 24 Cremini Mushrooms
- 1 1/3 Cucumber
- 10 Garlic
- 1 1/2 tbsps Ginger
- 2 stalks Green Onion
- 1 cup Kale Leaves
- 1 1/16 cups Parsley
- 1 tbsp Red Onion
- 2 tbsps Rosemary
- 4 1/2 Sweet Potato
- 4 cups Swiss Chard
- 1/2 cup Thai Basil
- 2 Yellow Onion

## BOXED & CANNED

- 2 1/4 cups Canned Coconut Milk
- 1 cup Chicken Broth
- 1/2 cup Coconut Cream

## BAKING

- 2 tbsps Arrowroot Powder
- 1/2 cup Coconut Sugar
- 1 1/2 tbsps Raw Honey
- 1 1/2 tbsps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 4 slices Bacon
- 1 1/4 lbs Bison Steak
- 2 3/4 lbs Chicken Breast
- 10 ozs Chicken Sausage
- 8 1/16 ozs Extra Lean Ground Chicken
- 12 ozs Salmon Fillet
- 1 lb Shrimp
- 1 1/2 lbs Top Sirloin Steak
- 1 Whole Chicken Carcass

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 3 tbsps Avocado Oil
- 1/3 cup Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 2 cups Sauerkraut

## OTHER

- 8 Barbecue Skewers
- 8 2/3 cups Water



# Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge up to three days.

### VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

### NO SWISS CHARD

Use kale or spinach instead.



# Paleo Sweet Potato Porridge

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 Sweet Potato
- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1 1/2 cups Raspberries
- 1 1/2 tbsps Coconut Oil
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Unsweetened Coconut Flakes

## DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

## NOTES

### OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.



# Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



## INGREDIENTS

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

## DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

### LOW FODMAP

Omit garlic and onions.



# Golden Turmeric Latte

1 SERVING 10 MINUTES



## INGREDIENTS

1 1/2 tsps Ginger (grated)  
1/2 cup Canned Coconut Milk  
1/2 cup Water  
1/2 tsp Turmeric (powder)  
1 1/2 tsps Raw Honey  
1/4 tsp Cinnamon  
3/4 tsp Coconut Oil

## DIRECTIONS

- 01** Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02** Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## NOTES

### USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### VEGAN

Use maple syrup to sweeten instead of honey.



# Chicken, Kale & Sweet Potato Skillet

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 8 1/16 ozs Extra Lean Ground Chicken
- 1 tsp Dried Chives
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 1 tbs Coconut Oil
- 1 Sweet Potato (medium, peeled and diced)
- 1 cup Kale Leaves (finely chopped)

## DIRECTIONS

- 01 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 02 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 03 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 04 Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately equal to two cups.

### MORE FLAVOR

Add other dried herbs and spices to taste.

### NO CHICKEN

Use turkey or pork instead.

### NO COCONUT OIL

Use avocado oil or extra virgin olive oil instead.

### NO CHIVES

Use another dried herb instead.

### SWEET POTATO

One medium sweet potato is approximately equal to two cups diced.





# Rosemary Lemon Chicken Skillet

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 lb Chicken Breast (sliced in half)
- 2 tbsps Rosemary (chopped)
- 2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 Sweet Potato (cubed)
- 4 cups Baby Spinach

## DIRECTIONS

- 01 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a ziploc bag and seal. Shake and set aside while you prep the rest.
- 02 Preheat oven to 425°F (218°C).
- 03 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 04 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 05 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

## NOTES

### VEGETARIAN

Use cauliflower steaks instead of chicken.

### LEFTOVERS

Store in the fridge for up to three days.

# One Pan Steak, Asparagus & Mushrooms

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 tsp Extra Virgin Olive Oil (divided)  
8 ozs Top Sirloin Steak  
1/8 tsp Sea Salt (divided)  
1 cup Asparagus (woody ends trimmed)  
6 Cremini Mushrooms (sliced)

## DIRECTIONS

- 01 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 02 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 03 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 04 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

### SERVING SIZE

One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.

# Carrots & Guacamole

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

## DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

## NOTES

### LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

# Mango Shrimp Skewers

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 8 Barbecue Skewers (10-inch, wood, soaked)
- 1 lb Shrimp (peeled, deveined)
- 2 Mango (peeled and cubed)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped)

## DIRECTIONS

- 01 Preheat oven to 450°F (230°C) or preheat grill.
- 02 Thread shrimp and mango evenly onto skewers.
- 03 Brush shrimp skewers with oil and season with salt.
- 04 Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
- 05 Top with lime juice and cilantro. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a resealable container for up to three days.

### SERVING SIZE

One serving is equal to approximately two skewers.

### MORE FLAVOR

Season with garlic powder before cooking for extra flavor.

# Roasted Salmon with Avocado Salsa

2 SERVINGS 30 MINUTES



## INGREDIENTS

12 ozs Salmon Fillet  
1 tsp Extra Virgin Olive Oil  
1 tbsp Lemon Juice (divided)  
1/2 tsp Sea Salt (divided)  
1/2 tsp Garlic Powder  
1/2 Avocado (chopped)  
1 tbsp Red Onion (diced)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.
- 03 In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.
- 04 Divide salmon between serving plates. Top them with avocado salsa and enjoy.

## NOTES

### LEFTOVERS

Refrigerate the salmon in an airtight container for up to two to three days. Avocado salsa is best made fresh just before serving.

### SERVING SIZE

One serving is equal to approximately six ounces of salmon and 1/3 cup avocado salsa.

### MORE FLAVOR

Add oregano to salmon seasoning and chopped cilantro to the salsa.



# Herb & Garlic Roasted Vegetables

2 SERVINGS 45 MINUTES



## INGREDIENTS

- 1/2 head Cauliflower (small, cut into florets)
- 1 Beet (large, peeled and chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Butternut Squash (cut into cubes)
- 1 tbsp Coconut Oil (melted)
- 1 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
- 03 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add other dried herbs and spices to taste.

### VEGETABLES

Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.

# Chicken with Mushroom Garlic Sauce

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)  
6 Cremini Mushrooms (large, sliced)  
12 ozs Chicken Breast  
2 tbsps Arrowroot Powder  
1/4 tsp Sea Salt (divided)  
2 Garlic (clove, minced)  
1 cup Chicken Broth  
1 1/2 tsps Lemon Juice  
1 tbsp Parsley (finely chopped, optional)

## DIRECTIONS

- 01 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 02 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 03 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 04 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 05 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 06 Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season the chicken with other dried herbs and spices.



**CHICKEN BREAST**

For best results use chicken breast no more than one inch thick. Cut large pieces of chicken in half for more even cooking.

**NO CREMINI MUSHROOMS**

Use another type of mushroom instead.

**NO FRESH PARSLEY**

Use another fresh herb like basil or chives instead or use dried herbs.

**NO CHICKEN BREAST**

Use boneless, skinless chicken thighs instead.





# Thai Basil Bison Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 tbsp Avocado Oil
- 10 ozs Bison Steak
- 1/8 tsp Sea Salt
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Lime Juice
- 2 tsps Maple Syrup
- 2/3 Cucumber (large, sliced into strips or julienned)
- 1 Carrot (medium, sliced into strips or grated)
- 1 stalk Green Onion (green part only, sliced)
- 1/4 cup Thai Basil (chopped)

## DIRECTIONS

- 01 Heat the oil in a skillet over high heat. Season the bison steak with salt and transfer it to the hot skillet. Cook for about four minutes on each side, or until well browned and your desired doneness is reached. Transfer to the cutting board and let rest for five to 10 minutes before slicing.
- 02 Meanwhile, whisk together the fish sauce, lime juice, and maple syrup in a jar. Adjust the flavors as needed.
- 03 Divide the cucumber, carrot, green onion, Thai basil, and sliced steak into bowls. Drizzle the dressing over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately five ounces of bison and two cups of salad.

### MORE FLAVOR

Add sesame oil, tamari, garlic, ginger, and/or black pepper to the dressing.

### ADDITIONAL TOPPINGS

Add bean sprouts and/or vermicelli to the salad.

### NO BISON STEAK

Use any other steak, chicken, or turkey instead.



# Lemon & Asparagus Chicken Skillet

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 4 slices Bacon
- 1 lb Chicken Breast (skinless, boneless, cubed)
- 1/2 tsp Sea Salt (divided, to taste)
- 2 cups Butternut Squash (peeled, cubed)
- 2 cups Asparagus (trimmed, chopped)
- 2 tbsps Water
- 1 tbsp Lemon Juice (to taste)

## DIRECTIONS

- 01 Heat a large skillet over medium heat. Cook the bacon until browned and crispy, about six to seven minutes. Transfer to a paper towel lined plate.
- 02 Add the chicken to the same skillet. Cook for seven to eight minutes, or until cooked through. Season with half of the salt. Set aside with the bacon.
- 03 Add the squash and remaining salt. Cook, stirring occasionally for five minutes. Add the asparagus and water, cover with a lid and let steam for five minutes. Add more water if needed.
- 04 Chop the bacon and return to the skillet along with the chicken. Stir and heat for one minute. Divide onto plates, squeeze lemon juice over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving equals approximately 1 1/2 to two cups.

### MORE FLAVOR

Add garlic and your choice of dried herbs.

### ADDITIONAL TOPPINGS

Top with fresh herbs or red pepper flakes.



# Roasted Apples & Blueberries

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 Apple (peeled and sliced)  
1 cup Frozen Blueberries  
2 tbsps Coconut Sugar  
2 tbsps Coconut Cream (optional, for garnish)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 In a baking dish, combine the apple slices, blueberries, and coconut sugar. Bake in the oven for 35 minutes or until the apples are fork-tender. Serve with coconut cream, if using, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Serve either warm or cold.

### SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch baking dish was used to make two servings.

### MORE FLAVOR

Swap out the apples with peaches, or add your favorite stone fruits.

# Blackberry Popsicles

5 SERVINGS 6 HOURS



## INGREDIENTS

2 cups Frozen Blackberries  
1/4 cup Water (warm)  
3 tbsps Maple Syrup  
1 tsp Lemon Juice

## DIRECTIONS

- 01 Blend all the ingredients together in a blender until mixed well and smooth.
- 02 Pour the mixture into a popsicle mold and transfer to the freezer.
- 03 Freeze popsicles for four to six hours, or until fully frozen. Enjoy.

## NOTES

### LEFTOVERS

Keep frozen popsicles in an airtight container for up to one month.

### SERVING SIZE

One serving is equal to one popsicle.

### MORE FLAVOR

Add vanilla and or blend mint into the mixture.

### NO POPSICLE MOLD

Use paper cups with popsicle sticks instead.

### NO MAPLE SYRUP

Replace it with honey.