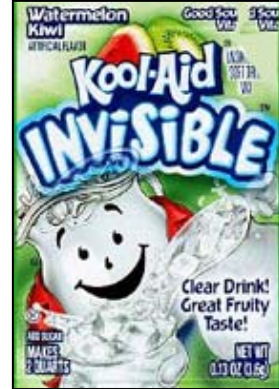


Diabetic Kool-Aid Popsicles

You Will Need:

- Ice
- Water
- 16 small paper or plastic cups
- 16 wooden pop sticks
- 1 (.23oz) packet Kool-Aid Invisible Watermelon Kiwi Flavor Unsweetened Soft Drink Mix
- 1 cup Splenda No Calorie Sweetener, Granular



Directions:

1. Pour Kool-Aid packet into large plastic or glass pitcher.
2. Add Splenda.
3. Add cold water and ice to equal 2 quarts (or 8 cups).
4. Stir to dissolve.
5. Pour mixture evenly into paper cups.
6. Freeze 1-1/2 hours or until almost firm.
7. Insert pop stick into center of each cup.
8. Freeze an additional 1-1/2 hours or until firm.

Makes 16 Servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.