

LYONS
ReadyCare[®]
RECIPES

Popsicles

with
Thickened Water

1. Pour 46 fl oz carton of No Flavor Added Thickened Water (item 4450, 4451) into pitcher.
2. Measure 1 tbsp of your favorite powder beverage mix and add to pitcher.
3. Mix vigorously with a wire whisk.
4. Pour into popsicle trays.
5. Place in freezer for 4 hours or until frozen.
6. Remove when frozen and serve!

Yum!