



# CLEAN SUMMER

COOK BOOK



**FORWARD THINKING**  
— FITNESS —

PAIGE KUTLER | [WWW.TRAINFITF.COM](http://WWW.TRAINFITF.COM)

Hey, friend! My name is Paige, and I'm the Registered Dietitian at Forward Thinking Fitness.

I created this totally free cookbook for anyone who needs a few recipe ideas that are refreshing and healthy to beat the summer heat! My person favorites are the Summer Salad with Grapefruit Vinaigrette and the Vanilla Berry Protein Smoothie. You can add in our Animal or Jungle protein powder for the cleanest ingredients possible!

All of these recipes are super easy to make. Show off your culinary skills all summer long at picnics and barbecues with your loved ones! I hope you enjoy these recipes as much as I do!

If you have any other questions, feel free to reach me directly via email at [paige@trainftf.com](mailto:paige@trainftf.com)

Paige Kutler  
Registered Dietitian  
Forward Thinking Fitness





## Air Fryer Coconut Shrimp

2 servings

20 minutes

### Ingredients

1/4 cup Gluten-Free Bread Crumbs  
1/4 cup Unsweetened Shredded Coconut  
1 tsp Dried Parsley  
Sea Salt & Black Pepper (to taste)  
1 Egg  
1/4 cup All Purpose Gluten-Free Flour  
10 ozs Shrimp (peeled, deveined)  
1/16 oz Avocado Oil Spray  
1/2 Lemon (for serving)

### Nutrition

Amount per serving	
Calories	338
Fat	10g
Saturated	7g
Carbs	29g
Fiber	5g
Sugar	1g
Protein	35g
Cholesterol	321mg
Sodium	209mg
Vitamin A	141IU
Vitamin C	5mg
Calcium	108mg
Iron	2mg

### Directions

- 1 Preheat the air fryer to 360°F (180°C).
- 2 In one bowl, combine the bread crumbs, shredded coconut, dried parsley, salt, and pepper. In another bowl, whisk the egg, and in a third bowl add the flour.
- 3 Dredge each shrimp first into the flour, then whisked eggs, then into the coconut mixture. Place the shrimp into the air fryer basket and spray with avocado oil.
- 4 Cook for about eight to ten minutes or until crispy and slightly browned, flipping halfway through. Drizzle with lemon juice before serving and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately six to seven shrimp.

**More Flavor:** Add paprika and garlic powder to the coconut mixture.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Greek Seasoned Turkey Burgers

4 servings

20 minutes

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Avocado Oil
- 1/4 Yellow Onion (grated)
- 1/4 cup Parsley (fresh, finely chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Greek Seasoning

### Nutrition

Amount per serving	
Calories	207
Fat	13g
Saturated	3g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	21g
Cholesterol	84mg
Sodium	1041mg
Vitamin A	403IU
Vitamin C	6mg
Calcium	34mg
Iron	2mg

### Directions

- 1 Preheat the grill to medium heat.
- 2 Add all of the ingredients to a large bowl and mix well. Form the mixture into even patties.
- 3 Add the patties to the grill and cook for six to seven minutes per side or until cooked through. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one turkey burger.

**Serve it With:** A side salad, fries, grilled vegetables, roasted potatoes, rice.

**Additional Toppings:** Lettuce, tomatoes, onions, pickles, or any of your favorite burger toppings. Serve with a bun or a lettuce bun.





## Cranberry Chia Popsicle

4 servings

8 hours 35 minutes

### Ingredients

- 2 cups Plain Coconut Milk (from the carton)
- 2 fl ozs Cranberry Juice
- 3 tbsps Maple Syrup
- 1/4 cup Chia Seeds
- 1/3 cup Frozen Cranberries

### Nutrition

Amount per serving	
Calories	146
Fat	6g
Saturated	3g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	22mg
Vitamin A	262IU
Vitamin C	3mg
Calcium	320mg
Iron	1mg

### Directions

- 1 In a bowl, mix together the coconut milk, cranberry juice, maple syrup, and chia seeds. Cover the bowl and place in the fridge for about 30 minutes.
- 2 Divide the frozen cranberries between popsicle molds. Pour the coconut milk mixture into popsicle molds and freeze for eight hours or overnight until completely frozen. Enjoy!

### Notes

**Leftovers:** Keep frozen popsicles in an airtight container in the freezer for up to one month.

**Serving Size:** One serving is one popsicle.

**More Flavor:** Add mint and vanilla.

**No Popsicle Molds:** Use paper cups with popsicle sticks instead.



## Virgin Strawberry Mojito

2 servings

10 minutes

### Ingredients

- 1/2 cup Strawberries (chopped)
- 1/4 cup Mint Leaves
- 1 Lime (juiced)
- 2 tsps Maple Syrup
- 2 Ice Cubes (large)
- 1 1/2 cups Sparkling Water

### Nutrition

Amount per serving	
Calories	37
Fat	0g
Saturated	0g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	0g
Cholesterol	0mg
Sodium	6mg
Vitamin A	151IU
Vitamin C	29mg
Calcium	41mg
Iron	0mg

### Directions

- 1 Divide the strawberries, mint, lime juice, and maple syrup into glasses. Use a muddler to mash and combine the flavors.
- 2 Add the ice cubes then top with sparkling water. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 3/4 cup.

**No Mint:** Use fresh basil instead.





## Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

### Nutrition

Amount per serving	
Calories	337
Fat	17g
Saturated	3g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	26g
Cholesterol	74mg
Sodium	75mg
Vitamin A	92IU
Vitamin C	114mg
Calcium	90mg
Iron	2mg

### Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**No Chicken:** Top with cooked shrimp, fish, or tofu instead.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.



## Tilapia Fish Tacos

1 serving

15 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Tilapia Fillet
- 1 tsp Taco Seasoning
- 2 tbsps Guacamole
- 3 Corn Tortilla
- 1/2 cup Green Cabbage (finely sliced)
- 2 tbsps Cilantro
- 1 1/2 tbsps Cilantro Lime Dressing

### Nutrition

Amount per serving	
Calories	564
Fat	27g
Saturated	3g
Carbs	50g
Fiber	7g
Sugar	2g
Protein	28g
Cholesterol	58mg
Sodium	585mg
Vitamin A	179IU
Vitamin C	20mg
Calcium	344mg
Iron	3mg

### Directions

- 1 Heat the oil in a pan over medium heat. Season the fish fillet all over with taco seasoning.
- 2 Cook the fish for three to four minutes per side or until golden brown and cooked through.
- 3 Spread the guacamole on the tortillas and top with cabbage and cilantro.
- 4 Divide the tilapia between the tacos. Top each taco with dressing and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Assemble the tacos just before enjoying.

**Serving Size:** One serving is equal to three tacos.

**More Flavor:** Add lime juice, salsa, and red onion.

**Fillet Size:** One tilapia fillet is equal to 116 grams or 4.1 ounces.





## Spicy Watermelon & Cilantro Salad

4 servings

10 minutes

### Ingredients

- 1/2 Seedless Watermelon (medium, cubed)
- 1 Jalapeno Pepper (thinly sliced)
- 1/2 cup Feta Cheese (cubed)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced, zested)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Combine all ingredients together in a large bowl. Toss, serve, and enjoy!

### Notes

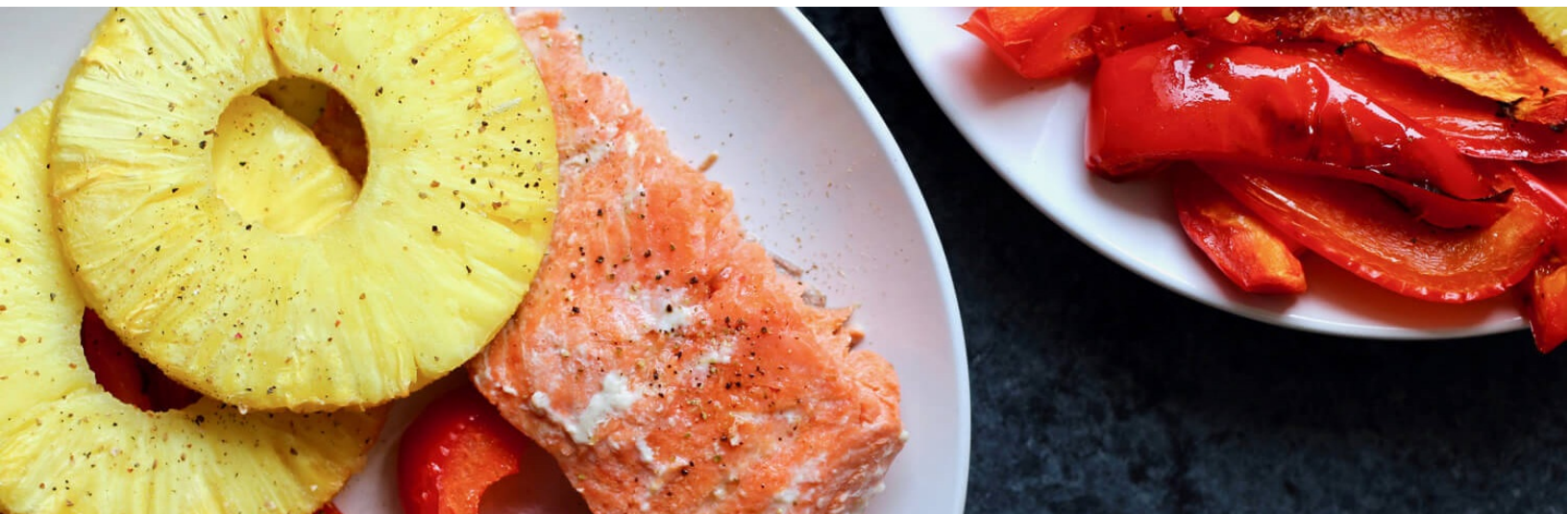
**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1 1/4 cups.

**Make it Vegan:** Use dairy-free cheese instead.

### Nutrition

Amount per serving	
Calories	223
Fat	5g
Saturated	3g
Carbs	45g
Fiber	2g
Sugar	35g
Protein	6g
Cholesterol	17mg
Sodium	220mg
Vitamin A	3471IU
Vitamin C	54mg
Calcium	135mg
Iron	2mg



## One Pan Hawaiian Salmon

4 servings

35 minutes

### Ingredients

4 Red Bell Pepper (sliced)  
1 tbsp Extra Virgin Olive Oil  
1 lb Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
2 cups Pineapple (cored and sliced into rounds)

### Nutrition

Amount per serving	
Calories	250
Fat	9g
Saturated	1g
Carbs	18g
Fiber	4g
Sugar	13g
Protein	27g
Cholesterol	58mg
Sodium	94mg
Vitamin A	3957IU
Vitamin C	191mg
Calcium	29mg
Iron	1mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 3 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 4 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

**No Salmon:** Use chicken breast instead. You may need to adjust cooking time to ensure chicken is cooked through.





## Turkey Avocado Sandwich

1 serving

5 minutes

### Ingredients

- 1 tbsp Yellow Mustard
- 2 slices Whole Grain Bread
- 1 oz Swiss Cheese (sliced)
- 1/4 cup Mixed Greens
- 2 ozs Turkey Breast, Cooked
- 1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	569
Fat	28g
Saturated	8g
Carbs	45g
Fiber	13g
Sugar	6g
Protein	37g
Cholesterol	66mg
Sodium	593mg
Vitamin A	445IU
Vitamin C	11mg
Calcium	359mg
Iron	3mg

### Directions

1

Spread the mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

**Gluten-Free:** Use gluten-free bread.

**Dairy-Free:** Omit the cheese.

**More Flavor:** Add mayonnaise, salt, or black pepper.

**Additional Toppings:** Add red onions or tomatoes.



## Pina Colada Ice Cream

2 servings

5 minutes

### Ingredients

- 1 Banana (sliced and frozen)
- 1 cup Pineapple (cut into chunks and frozen)
- 1/4 cup Canned Coconut Milk

### Nutrition

Amount per serving	
Calories	147
Fat	6g
Saturated	5g
Carbs	25g
Fiber	3g
Sugar	16g
Protein	1g
Cholesterol	0mg
Sodium	9mg
Vitamin A	86IU
Vitamin C	45mg
Calcium	15mg
Iron	0mg

### Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

It's 5 O'Clock Somewhere: Add rum.





## Vanilla Berry Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond (or Peanut) Butter

### Nutrition

Amount per serving	
Calories	301
Fat	14g
Saturated	1g
Carbs	24g
Fiber	10g
Sugar	11g
Protein	25g
Cholesterol	4mg
Sodium	281mg
Vitamin A	809IU
Vitamin C	23mg
Calcium	866mg
Iron	2mg

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

**Serving Size:** One serving is equal to approximately two cups.

**Soy-Free:** Use coconut milk or oat milk instead.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

**Consistency:** If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



## Strawberry Blueberry Smoothie

1 serving

5 minutes

### Ingredients

- 1/2 cup Frozen Blueberries (wild)
- 1/2 cup Strawberries (stems removed)
- 1 1/4 cups Cow's Milk, Reduced Fat
- 1/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	300
Fat	7g
Saturated	4g
Carbs	31g
Fiber	4g
Sugar	26g
Protein	30g
Cholesterol	28mg
Sodium	183mg
Vitamin A	44IU
Vitamin C	45mg
Calcium	497mg
Iron	1mg

### Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Greek Kale & Edamame Salad

2 servings

20 minutes

### Ingredients

2 cups Frozen Edamame (thawed)  
 3/4 cup Cherry Tomatoes (halved)  
 1/4 Cucumber (large, chopped)  
 1/4 cup Feta Cheese (crumbled)  
 1/3 cup Pitted Kalamata Olives  
 1/2 cup Red Onion (chopped)  
 2 cups Baby Kale  
 2 tbsps Extra Virgin Olive Oil  
 1 tbsp Lemon Juice  
 Sea Salt & Black Pepper (to taste)

### Directions

1

Add all the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add bell peppers and/or more lemon juice.

**Additional Toppings:** Fresh herbs and/or toasted nuts.

### Nutrition

Amount per serving	
Calories	436
Fat	29g
Saturated	6g
Carbs	27g
Fiber	11g
Sugar	8g
Protein	25g
Cholesterol	17mg
Sodium	408mg
Vitamin A	1121IU
Vitamin C	24mg
Calcium	296mg
Iron	6mg





## Shrimp with Edamame Slaw

4 servings

20 minutes

### Ingredients

1 lb Shrimp (peeled, deveined)  
1/4 cup Extra Virgin Olive Oil (divided)  
1 Lime (large, juiced, divided)  
1 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)  
4 cups Broccoli Slaw (bagged)  
2 cups Frozen Edamame (thawed)  
1/2 cup Red Onion (thinly sliced)  
1/2 cup Radishes (medium, thinly sliced)

### Nutrition

Amount per serving	
Calories	355
Fat	18g
Saturated	2g
Carbs	17g
Fiber	7g
Sugar	5g
Protein	35g
Cholesterol	183mg
Sodium	177mg
Vitamin A	6238IU
Vitamin C	78mg
Calcium	152mg
Iron	3mg

### Directions

- 1 In a bowl, combine the shrimp, half of the oil, half of the lime juice, garlic powder, salt, and pepper. Set aside.
- 2 In a large bowl, add the broccoli slaw, edamame, onion, radishes, the remaining oil, and the remaining lime juice. Season with salt and pepper and mix to combine. Set aside.
- 3 Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked through.
- 4 Divide the edamame slaw into bowls along with the shrimp. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of slaw topped with shrimp.

**Additional Toppings:** Top with fresh chopped cilantro and more lime juice.



## Pineapple Basil Mocktail

2 servings

10 minutes

### Ingredients

- 2 cups Pineapple (chopped)
- 4 fl ozs Pineapple Juice
- 2 tbsps Lime Juice
- 2 tbsps Maple Syrup
- 2 tbsps Basil Leaves (chopped)
- 8 Ice Cubes (as needed)

### Nutrition

Amount per serving	
Calories	163
Fat	0g
Saturated	0g
Carbs	42g
Fiber	2g
Sugar	34g
Protein	1g
Cholesterol	0mg
Sodium	6mg
Vitamin A	243IU
Vitamin C	98mg
Calcium	53mg
Iron	1mg

### Directions

- 1 Add all the ingredients except for the ice cubes to a blender. Blend until smooth.
- 2 Divide the ice cubes between glasses. Pour the drink overtop and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**No Maple Syrup:** Use honey instead.

**No Basil:** Use mint instead.



## Berry Greek Yogurt Parfait

1 serving

10 minutes

### Ingredients

- 1/2 cup Granola
- 1 cup Plain Greek Yogurt
- 1/2 cup Strawberries (sliced)
- 1/2 cup Blueberries

### Nutrition

Amount per serving	
Calories	544
Fat	20g
Saturated	5g
Carbs	61g
Fiber	9g
Sugar	29g
Protein	31g
Cholesterol	34mg
Sodium	157mg
Vitamin A	1310IU
Vitamin C	65mg
Calcium	562mg
Iron	4mg

### Directions

- 1 Layer the granola, yogurt, strawberries, and blueberries in a jar. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Make it Vegan:** Use plant-based yogurt.





## Fruit Skewers

4 servings

10 minutes

### Ingredients

- 12 Barbecue Skewers
- 1/2 cup Strawberries (sliced)
- 1 Kiwi (chopped)
- 1/2 cup Grapes

### Nutrition

Amount per serving	
Calories	24
Fat	0g
Saturated	0g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	0g
Cholesterol	0mg
Sodium	1mg
Vitamin A	29IU
Vitamin C	27mg
Calcium	10mg
Iron	0mg

### Directions

1

Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to three skewers.

**More Flavor:** Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

**No Wooden Skewers:** Make it into a fruit salad instead.



## Summer Salad with Grapefruit Vinaigrette

4 servings

20 minutes

### Ingredients

4 cups Arugula  
1/2 cup Strawberries (sliced)  
1/2 cup Raspberries  
1/2 cup Blueberries  
1/2 cup Pecans (toasted)  
1 Avocado (peeled and diced)  
1/4 cup Basil Leaves (chopped)  
1/2 Grapefruit (juiced)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Apple Cider Vinegar

### Directions

- 1 Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
- 2 Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

### Nutrition

Amount per serving	
Calories	267
Fat	23g
Saturated	3g
Carbs	15g
Fiber	7g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	10mg
Vitamin A	1009IU
Vitamin C	36mg
Calcium	64mg
Iron	1mg



## Sweet Chili Chicken Summer Rolls

4 servings

25 minutes

### Ingredients

3 ozs Rice Vermicelli Noodles  
8 Rice Paper Wraps  
1/2 cup Basil Leaves  
1 Cucumber (medium, julienned)  
1 Carrot (medium, julienned)  
7 ozs Chicken Breast, Cooked (shredded)  
1 Lime (medium, juiced)  
1/4 cup Sweet Chili Sauce

### Nutrition

Amount per serving	
Calories	266
Fat	2g
Saturated	1g
Carbs	45g
Fiber	2g
Sugar	7g
Protein	16g
Cholesterol	52mg
Sodium	147mg
Vitamin A	2928IU
Vitamin C	7mg
Calcium	31mg
Iron	1mg

### Directions

- 1 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the vermicelli, basil, cucumber, carrot, and chicken breast near the bottom of the wrap.
- 3 Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 4 Squeeze lime juice on top, dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving is equal to two summer rolls.

**More Flavor:** Add lettuce, cabbage, and/or cilantro.

**No Sweet Chili Sauce:** Use any other sauce of your choice.





## Tart Cherry Popsicles

4 servings

6 hours

### Ingredients

- 1/2 cup Tart Cherry Juice
- 1/2 cup Unsweetened Almond Milk
- 3/4 cup Frozen Cherries
- 2 tsps Maple Syrup

### Nutrition

Amount per serving	
Calories	45
Fat	1g
Saturated	0g
Carbs	10g
Fiber	1g
Sugar	9g
Protein	0g
Cholesterol	0mg
Sodium	22mg
Vitamin A	315IU
Vitamin C	0mg
Calcium	68mg
Iron	0mg

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Add more liquid if needed.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

### Notes

**Leftovers:** Keep frozen popsicles in an airtight container in the freezer for up to one month.

**Serving Size:** One serving is one popsicle.

**No Maple Syrup:** Use raw honey instead.

FOR MORE RECIPES  
LIKE THIS VISIT

[WWW.TRAINFTF.COM](http://WWW.TRAINFTF.COM)



**FORWARD THINKING**  
— FITNESS —