



sugar-free strawberry sherbet

4-5 frozen strawberries per serving
1-2 tsp Omnibalance stevia powder
1 Tbsp fresh lemon juice

Blend all ingredients until smooth. Try other frozen fruits or berries, too!
Pour into a popsickle mold and freeze for an easy-to-eat treat anytime!

Note: Omnibalance is a stevia powder that contains chicory, B vitamins and chromium, important nutrients to help balance blood sugar. If you use another form of stevia, the amount needed will vary. Omnibalance is available for purchase at True Health Medicine.

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8555 SW Tualatin Road, Tualatin, OR 97062



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