Ice Pop Surprise

6 oz cold water
1 srv Cambridge FFL Chocolate Drink
1 Cambridge Nutrition Bar (170)

Want something crunchy? This is so good, you'll have to fight the kids to get to them before they do. In blender, mix cold water and 1 FFL Plantation Peanut (or Tropical Coconut or Alpine Raisin Oat) Nutrition Bar. Blend till bar is chopped in small pieces. Add Cambridge FFL Chocolate and mix. Pour into small plastic containers and freeze. The bar pieces settle in the bottom for a delicious surprise.

Serves 2. Note: Cambridge Nutrition bar adds 170 calories.