

Cajun Shrimp Tacos

Ingredients

- 1 ripe avocado
 - 1 tablespoon lime juice
 - 1 small clove garlic, grated
 - ¼ teaspoon salt
 - 1 pound large raw shrimp (16–20 count), peeled and deveined
 - 2 tablespoons salt-free Cajun spice blend
 - 8 corn tortillas, warmed
 - 2 cups iceberg lettuce, chopped
 - ½ cup fresh cilantro leaves
 - ½ cup prepared pico de gallo
1. Preheat pan to medium-high.
 2. Mash avocado with a fork in a small bowl. Add lime juice, garlic and salt and stir to combine.
 3. Pat shrimp dry. Toss the shrimp with Cajun seasoning in a medium bowl. Cook, turning once, until the shrimp are just cooked through, about 4 minutes total.
 4. Serve the shrimp in tortillas, topped with the guacamole, lettuce, cilantro and pico de gallo.

MIXED BERRY POPSICLES

Ingredients **Servings** 4 **Serving Size** 1 popsicle

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries

Directions

1. In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.
2. Spoon the mixture into four popsicle molds. Secure the tops on the popsicle molds. Freeze for 4 hours, or until the popsicles are frozen solid.
3. If you don't have popsicle molds, you can substitute four 6- to 8-ounce plastic or paper cups. Pour the mixture into the cups. Cut four 3- to 4-

securely cover the top and sides of the cup. Poke a popsicle stick into each cup through the middle of the foil. (The foil will help the stick stay in place while freezing.)
4. To serve, dip the popsicle mold or plastic or paper cup quickly into warm water to help loosen the popsicle.