



Watermelon-Blueberry Ice Pops

Makes 10 servings

Ingredients

3¾ cups chopped seedless watermelon
2 tablespoons lime juice

1-2 tablespoons sugar
1 cup fresh blueberries

Instructions

1. Puree watermelon, lime juice and sugar (to taste) in a food processor or blender until smooth.
2. Divide blueberries among 10 three-ounce freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Nutrition Facts

Serving size: 1 (3-ounce) freezer pop; Calories Per Serving 31; Fat 0g; Saturated Fat 0g; Fiber 1g; Carbohydrates 8g; Protein 0g; Folate 3mcg; Cholesterol 0mg; Sugars 6g; Added sugars 1g; Vitamin A 334IU; Vitamin C 7mg; Calcium 5mg; Iron 0mg; Sodium 1mg; Potassium 79mg

Source: www.eatingwell.com

