

WATERMELON LIME POPS

Yield: 6 popsicles



Ingredients

- 3 cups cubed watermelon flesh
- 1 tablespoon freshly squeezed lime juice
- 1 tablespoon honey

Nutrition Facts

Servings: 6

Amount per serving

Calories	34
	<small>% Daily Value*</small>
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8.8g	3%
Dietary Fiber 0.3g	1%
Total Sugars 7.2g	
Protein 0.5g	

Instructions

- 1 Blend the watermelon, lime juice, and honey in a food processor.
- 2 Pour the mixture through a fine sieve into a bowl, pressing the fibrous melon with the back of a spoon to extract the maximum amount of juice.
- 3 Pour or spoon the juice into popsicle molds and freeze until solid.

**This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

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