

# Watermelon Popsicles



COURSE

Dessert, Snacks



SERVINGS

7 servings

CALORIES

84 kcal

## INGREDIENTS

- 1 small seedless watermelon 3lb flesh
- 3 kiwi fruits

## INSTRUCTIONS

1. Scoop the flesh of the watermelon out and puree it in a blender. Fill 7 popsicle molds  $\frac{3}{4}$  of the way full.
2. Rinse your blender, and add your 3 peeled kiwis. Fill the molds almost the rest of the way, reserving just a Tbsp or 2 of kiwi puree, and add a drop of green food coloring to this.
3. Freeze the molds with a popsicle stick in them. After they've frozen for an hour or so, put a tiny layer of the extra green puree on top and freeze overnight. (This last step is optional but it makes them look like watermelon slices, which is cute.)

## NUTRITION

## Nutrition Facts

Watermelon Popsicles

Amount Per Serving (1 serving)

**Calories** 84

% Daily Value\*

**Fat** 0g 0%

**Carbohydrates** 19g 6%

**Protein** 2g 4%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!