

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!