

Honeydew Blueberry Ice Pops

Total Fat

0g

Total Fat (extra)

1

Vitamin A

219IU

Vitamin A (extra)

4

Sugars

36g

Sodium (extra)

2

Saturated Fat

0g

Protein

2g

Saturated Fat (extra)

1

Serving Size

1

Sodium

58mg

Vitamin C

70mg

Vitamin C (extra)

117

Total Time

15 minutes*

Servings

12

Omega3

0g

Ingredients

1/2

honeydew, seeded, peeled and cut into 1-inch pieces

2

pts.

blueberries

1

lime, juiced and zested

2

tbsp.

honey
1
tbsp.
finely chopped fresh mint

Directions

In a blender combine honeydew, blueberries and lime juice; blend to a smooth purée. Set aside.

In a small saucepan combine honey, 1/2 cup water, lime zest and mint. Place over high heat; bring to boiling. Remove pan from heat and let cool completely.

Strain honey mixture; stir into melon purée. Pour evenly into ice pop molds. Freeze at least 12 hours.

Calories

174

Calories Fat

6

Fiber

5g

Fiber (extra)

20

Iron

0mg

Iron (extra)

5

Cholesterol

0mg

Carbohydrate (extra)

15

Calories (fat) extra

3

Carbohydrate

44g

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