

# 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
<b>1</b>
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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**Source URL:** <https://www.shopfamilyfare.com/recipes/honeydewblueberry-ice-pops>