



CANTALOUPE ICE POPS

Ingredients

- 4 Cups Cubed Cantaloupe
- ¼ Cup Sugar
- 2 Tablespoons Lemon Juice
- 1 Tablespoon Chopped Fresh Mint or 1 Teaspoon Dried Mint
- ½ Teaspoon Grated Lemon Zest
- 12 Plastic Cups or Ice Pop Molds (5 ounces each)
- 12 Wooden Pop Sticks

Directions

1. In a blender or food processor, combine the first 5 ingredients; cover and process until smooth. Pour ½ cup into each cup or mold; insert pop sticks. Freeze until firm.

Note: this counts as a juice.



Crediting

Provides a Fruit at Snack.
Toddler/Preschool: 1 Ice Pop | School Age: 2 Ice pops