

# Cantaloupe Ice Pops

Yield: 12 Servings

## Ingredients:

- 4 cup cubed cantaloupe
- 1/2 teaspoon grated lemon peel
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 1 tablespoon chopped mint
- 12 small paper cups
- 12 plastic spoons

## Instructions:

1. In a blender or food processor, combine the cantaloupe, sugar, lemon juice, mint, and lemon peel; cover and blend until smooth.
2. Pour 1/4 cup into each paper cup.
3. Freeze until thick and slushy, about 1 hour.
4. Insert one spoon, handle up, into each cup of frozen mixture.
5. Freeze until solid, at least 2 hours.
6. Peel paper cup off each treat and enjoy!

## Source

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

<b>Nutrition Facts</b>			
Serving Size (1 ice pop)			
Serving Per Recipe 12			
Amount Per Serving			
<b>Calories</b> 34.83			
	% Daily Values*		
<b>Total Fat</b> 0.11g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Potassium</b> 145mg	<b>4%</b>		
<b>Sodium</b> 9mg	<b>0%</b>		
<b>Total Carbohydrate</b> 8.68g	<b>3%</b>		
Dietary Fiber 0.48g	<b>2%</b>		
Sugars 8.41g			
<b>Protein</b> 0g	<b>0%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g