

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

Nutrition Facts			
Serving Size (1 ice pop)			
Serving Per Recipe 12			
Amount Per Serving			
Calories 34.83			
			% Daily Values*
Total Fat	0.11g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	145mg		4%
Sodium	9mg		0%
Total Carbohydrate	8.68g		3%
Dietary Fiber	0.48g		2%
Sugars	8.41g		
Protein	0g		0%

*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