

**Dessert**

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# Cantaloupe Mint Pops

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*Try layering the watermelon mixture with the honeydew and cantaloupe variations for beautiful pastel pops.*

**4 cups cantaloupe, cut into 1-inch cubes**  
**1/3 cup soy milk**  
**zest of one lime, grated**  
**3 tablespoons honey**  
**3 fresh mint leaves, chopped**  
**popsicle molds or disposable plastic cups (3 oz ea)**  
**popsicle sticks**

In a food processor or blender, place two cups of the cantaloupe, the soy milk, lime zest and mint leaves. Process until smooth.

Add the honey. Process again to combine.

Stir in the remaining cantaloupe.

Fill the popsicle molds or cups with the mixture.

Place the holders on the popsicle molds or insert sticks in the cups.

Freeze for at least 6 hours.

Remove from the freezer.

Let stand at room temperature for 5 minutes before removing the pops from the molds.

Serve immediately.

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Per Serving (excluding unknown items): 445 Calories; 3g Fat (6.1% calories from fat); 8g Protein; 108g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 3 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.