

Dessert

Honeydew Melon Pops

Kristina Castrella

IcyPops.com

For these pops, choose melons that have a high water content that are a little overripe.

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

4 cups ripe honeydew melon, cut into 1-inch cubes

1/3 cup plain yogurt

juice of three limes

zest of one lime, grated

3 tablespoons honey

popsicle molds or disposable plastic cups (3 oz ea)

popsicle sticks

In a food processor or blender, place two cups of the melon, the yogurt, lime juice and lime zest. Process until smooth.

Add the honey. Process again to combine.

Stir in the remaining melon.

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.

Per Serving (excluding unknown items): 243 Calories; 3g Fat (9.1% calories from fat); 3g Protein; 56g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 40mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1/2 Fat; 3 1/2 Other Carbohydrates.