

Dessert

Watermelon & Parsley Ice Pops

People's Pop!

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Servings: 10

Preparation Time: 15 minutes

Start to Finish Time: 4 hours

A recipe for simple syrup can be found under "Beverages", "Alcoholic" or "Beverages", "Non-Alcoholic".

1 2/3 pounds whole watermelon (about 1/2 of a bowling ball-sized watermelon)

3/4 cup simple syrup (or more, if needed)

20 leaves fresh flat-leaf parsley

Peel and coarsely chop the watermelon. You should have about one quart of watermelon pieces.

Puree' the watermelon, leaving chunks if you like, as long as they are small enough to pour into the popsicle molds. You should have about 2 1/4 cups of puree' (18 ounces).

Transfer the puree'd watermelon to a bowl or measuring pitcher with a pouring spout.

Mix the simple syrup into the puree'd watermelon until it tastes quite sweet.

Chop the parsley very finely and add it to the mixture.

Pour the mixture into your ice pop molds, leaving a little bit of room at the top for the mixture to expand.

Insert sticks and freeze until solid, 4 to 5 hours.

Unmold and transfer to plastic bags for storage or serve at once.

Per Serving (excluding unknown items): 43 Calories; 1g Fat (16.0% calories from fat); 4g Protein; 8g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 67mg Sodium. Exchanges: 1 1/2 Vegetable.