

**Dessert**

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# **Cucumber-Lime-Mint Popsicles**

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**Servings: 4**

**1 handful fresh mint**

**1/2 cup sugar**

**1/2 cup water**

**1 cucumber, peeled, cut in half lengthwise and seeded**

**juice of 3 to 4 limes**

Crush the mint with the sugar.

In a small saucepan, combine the mint/sugar mixture with the water. Bring to a boil. Remove from the heat and strain out the mint leaves.

Cut the cucumber into pieces and place into a food processor. Pulse until smooth.

Add the cooled syrup and lime juice to the cucumber puree'. Mix well.

Pour into popsicle molds and freeze.

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Per Serving (excluding unknown items): 107 Calories; trace Fat (0.9% calories from fat); 1g Protein; 27g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Other Carbohydrates.