

Dessert

Watermelon Almond Pops

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

5 cups watermelon, cut into 1-inch cubes
1/3 cup plain yogurt
2 teaspoons almond extract
zest of one lime, grated
3 tablespoons honey
1/3 cup almonds, chopped
popsicle molds or disposable plastic cups (3 oz ea)
popsicle sticks

In a food processor or blender, place 2 1/2 cups of the watermelon, the yogurt, almond extract, lime zest and almonds. Process until smooth.

Add the honey. Process again to combine.

Stir in the remaining watermelon.

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 six 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): 778 Calories; 30g Fat (33.2% calories from fat); 17g Protein; 121g Carbohydrate; 9g Dietary Fiber; 10mg Cholesterol; 61mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 4 Fruit; 1/2 Non-Fat Milk; 4 1/2 Fat; 3 1/2 Other Carbohydrates.