

Fruit



Cyclops' Cantaloupe Popsicles

It's fun
on a stick!



Ingredients:

3 cups fresh cantaloupe cubes (1-inch)
2 Tbsp fresh lime juice

Nutrition:

Recipe makes 6 servings
Each serving counts as 0.5 fruits

Safety:

Keep your fingers curled under when using the knife to avoid cutting your fingers. Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.

Directions:

1. Combine the cantaloupe and lime juice in a blender until smooth.
2. Pour into 6 small paper cups.
3. Freeze 1 1/2 hours or until slushy.
4. Insert popsicle sticks and freeze 6 hours or until firm.
5. The popsicles will keep up to 1 week in the freezer!

Recipe approved by the American Diabetes Association

from the kitchen of
Playnormous

