

## Cyclops' Cantaloupe Popsicles

### Ingredients:

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

### Directions:

1. Combine the cantaloupe and lime juice in a blender until smooth.
2. Pour into 6 small paper cups.
3. Freeze 1½ 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.

### Nutrition:

- This recipe makes 6 servings.
- Each serving counts as 0.5 fruit.

### 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.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: American Diabetes Association

