



Watermelon Berry Frozen Pops

Sweet, Summery Treats

After some fun in the pool and time spent in the sun, a cooling treat is often the perfect way to cap off a summer day. Fresh fruits make those sweet eats even tastier and easier by making dessert in the morning and letting it freeze while you enjoy the warmth outdoors.

These Watermelon Berry Frozen Pops make dessert about as simple as possible by blending watermelon, blueberries, raspberries and honey before adding to ice pop molds and freezing throughout the day. With the addition of refreshing watermelon, you're opting for a flavorful fruit that includes just 80 calories and no fat while providing an excellent source of vitamin C (25%) and higher levels of lycopene (12.7 milligrams per 2-cup serving) – an antioxidant being studied for its role in sun protection – than any other fresh fruit or vegetable.

To find more summertime snacks, meals and treats, visit watermelon.org.

Watermelon Berry Frozen Pops

Servings: 8

- 6 cups watermelon**
- 1 cup blueberries, divided**
- 1 cup raspberries, divided**
- 3 tablespoons honey**

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.