



Watermelon Lime Pops

4 Servings • 1 Serving = 1 Popsicle

INGREDIENTS

- ½ cup strawberries, fresh or frozen, cut in half
- ½ cup blueberries, fresh or frozen
- 1 ½ cup watermelon, cubed
- ½ Tablespoon lime juice

DIRECTIONS

1. Combine blueberries and strawberries in a small bowl. Divide mixture into four (5 ounce) cups.
2. Add watermelon and lime juice to a blender and blend until smooth.
3. Pour an equal amount of blended watermelon into each cup.
4. Insert popsicle stick in the middle of each cup and place in the freezer until firm.

Nutrition Facts

4 servings per container
Serving size 1 popsicle

Amount per serving
Calories 35

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 104mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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