



Watermelon Strawberry Popsicles

11 Servings • 1 Serving = 1 Popsicle

INGREDIENTS

- $\frac{1}{2}$ of a watermelon, diced
- 1 pint of strawberries, sliced
- Juice of 1 lemon

DIRECTIONS

1. Add watermelon and strawberries in a blender or food processor.
2. Add the lemon juice and blend until smooth.
3. Pour juice into 3 oz cups and add a popsicle stick.
4. Freeze until solid.

Nutrition Facts	
11 servings per container	
Serving size	1 Popsicle
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 510mg	10%

*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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