

Refreshing Watermelon Popsicles

Ingredients

2 ½ - 3 cups cubed seeded watermelon

1 tablespoon lemon juice

Optional: fruit such as grapes, strawberries, kiwi, raspberries

May use fresh, frozen or canned in 100% fruit juice

Optional: ¼ cup sugar

Optional: ½ cup yogurt



RECIPE

Directions

Place all ingredients in a blender and blend until mixture is smooth. Pour the mixture into popsicle molds. If you do not have popsicle molds that's ok! To make in small plastic cups, pour the watermelon mixture into 8 small cups, and cover each cup with foil. Poke a popsicle stick through the center of the foil and into the mixture. Freeze until firm which can take several hours or overnight. Then enjoy!

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