



WATERMELON-BLUEBERRY ICE POPS

DIRECTIONS:

1. Puree watermelon, lime juice and sugar to taste until smooth.
2. Divide blueberries among freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Note: If you don't have pop molds you can use plastic or paper cups or ice cube trays.

YOU WILL NEED:

- 3¾ cups watermelon, seeded and diced
- 2 Tbsp. lime juice
- 1 cup blueberries
- 1-2 Tbsp. sugar



Toll-Free Number: (888) 704-3663
www.feedingthegulfcoast.org



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