

## CANTALOUPE POPSICLES

(Standard, Vegan/Vegetarian, Maintenance Plans)

Want a refreshing way to beat the summer heat? Turn your fruit in to a frozen treat! This recipe really is easy and fun. Try experimenting with other fruits, as well, for variety. Depending on the size/style of your mold, one serving can be 1-2 popsicles. The picture below is 1/3 cup of puree each, so two are good as the puree is thicker. Fill your mold with water to measure before filling with the puree. One serving covers your fruit and fat for one meal.



### INGREDIENTS

1/2 medium ripe cantaloupe seeded, peeled and diced  
1/3 cup heavy cream or canned coconut cream  
1 Tbsp fresh-squeezed lime juice, optional  
Pinch of Pink Himalayan salt  
Vanilla Stevia drops, to taste (can use plain, too)

## **INSTRUCTIONS**

Add cantaloupe to a blender or food processor and blend until pureed. Add heavy cream, lime juice, salt and stevia drops and blend together.

Scoop mixture into popsicle molds. It is easier and less messy to pour it through a funnel. Silicone molds (available on Amazon) make releasing the popsicles so easy.

Freeze until fully frozen – at least 4 hours.