

# **WATERMELON-STRAWBERRY POPSICLES AND GRANITA**

This recipe is a fun way to think outside the box with your food while enjoying a favorite summer fruit. These popsicles are super easy to make. Not only is this a recipe great for weight loss, but it feels like a treat and is good for the entire family. Kids will love the fruity flavor and will never know they are eating “healthy” unless you tell them! Depending on the sweetness of your watermelon or strawberries, you may want to add a few stevia drops to your liking. The tartness of the lime is very delicious, though. This recipe makes 4 servings and covers your fruit for one meal.



## **INGREDIENTS**

- 3 heaping cups of diced watermelon
- 1 heaping cup of strawberries (fresh or frozen)
- Juice of lime (add zest for more lime flavor)

## **INSTRUCTIONS**

Place the ingredients into a blender or food processor and puree until completely smooth. Pour into popsicle molds (see NOTES) and freeze for 3-4 hours or until solid.

## **NOTES**

Popsicle molds are available at many large box stores (Target, Walmart, Dollar Stores or even Amazon) – if not at the physical store, then online.

## **GRANITA**

If you don't have a mold, you can always freeze the pureed mixture and pour it into a freezer-safe container. Once frozen, chop it into large chunks and place into a blender or food processor to make a "granita" or frozen treat you can eat with a spoon.

