



CANTALOUPE POPSICLES

By Dr. Cindy Tanzar

(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. 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.

Depending on the size/style of your mold, one serving can be 1-2 popsicles. 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.