

## Sweet & Sour Watermelon Popsicles

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*Watermelon popsicles with lime juice are a refreshing, low-calorie snack. They're packed with vitamins A, C, fiber and antioxidants, making these popsicles a healthy choice compared to sugary frozen treats. Lime's tanginess matches well with the sweetness of fruit. For best flavor, make sure your watermelon is ripe and sweet.*

**Yield:** 8 servings

**Serving Size:** 1 popsicle

### Ingredients:

- 1 medium seedless watermelon (about 6 cups)
- 3 Tablespoons lime juice

### Instructions:

1. Cube watermelon. You should get around 6 cups.
2. Place the watermelon and lime juice in a blender and blend until completely smooth.
3. Pour the watermelon mixture into popsicle molds, leaving 1/2 inch of space for expansion at the top. Cover, and add popsicle sticks if they're not built into your molds.
4. Freeze the popsicles until they're set, 4 hours or overnight.

**Chef Tip:** Add fresh basil or mint before blending for extra flavor. Try other summer fruit like melons, mangos, or berries for variety.

Per Serving: Calories 90 kcal, Carbohydrates 22g, Protein 2g, Sat Fat 0g, Sodium 3mg, Added Sugar 0g

Source: <https://www.loveandlemons.com/watermelon-popsicles/#wprm-recipe-container-70921>