



## **Watermelon Pomegranate Pops**

*Makes 4 Servings*

### Ingredients

1-½ cups cubed seedless watermelon

1/2 cup pomegranate blueberry juice

### Directions

Combine the watermelon and juice in a blender and blend until smooth.

Pour into four 3-ounce popsicle molds and freeze until firm, about 3 hours.

To remove the pops from the molds, run under warm water to loosen. If you don't have popsicle molds, divide the liquid between four paper cups. Cover each cup with foil, insert one craft stick through the center of each foil, and freeze.

*Nutrition Information per Serving: 30 calories, 0g fat (0g saturated), 0mg sodium, 9g carbohydrate, 0g fiber, 0g protein, 15% vitamin C*