



Makes 8 pops
Preparation Time: 20 minutes
Cook Time: 4 hours

INGREDIENTS:

3 cups cubed seedless
watermelon

4 fresh kiwi, peeled and
quartered

Watermelon-Kiwi Ice Pops

Made with just two ingredients and zero added sugar, these pretty ice pops are sweet, tangy, and truly refreshing. Use the deepest-red watermelon you can find for the most striking color contrast.

By Nancy Macklin, RDN

- 1 Place watermelon in a food processor or blender. Cover and process until very smooth. Pour into ice pop molds, filling about two-thirds full. Add sticks. Freeze at least 2 hours or until watermelon is nearly solid.
- 2 Place kiwi in a food processor or blender. Cover and process until smooth. Pour kiwi mixture over watermelon. Freeze at least 2 hours or until pops are completely frozen.
- 3 Run molds under hot water to help release ice pops.