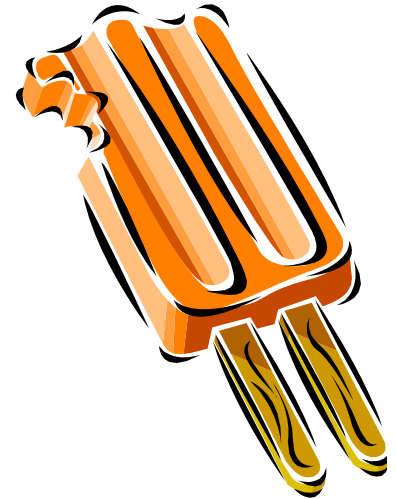


Cantaloupe Popsicles



Ingredients:

3 cups fresh cantaloupe cubes (1-inch)

2 Tbsp fresh lime juice

Directions:

Combine the cantaloupe and lime juice in a food processor and process until smooth. Pour into 6 (2 ½ - oz) freezer pop molds or into small paper cups. Freeze 1 ½ hours or until slushy. Insert popsicle sticks and freeze 6 hours or until firm. The popsicles will keep up to 1 week in the freezer.

Makes 6 servings, serving size: 1 popsicle

Nutritional information: 29 calories, 0g fat, 8mg sodium, 1g fiber, 6g sugars, 1g protein

Source: www.diabetes.org