Cantaloupe Melon Ice Pops

Your reminders to "eat your fruit" will finally stick, once kids take a lick of these mmm-melony snacks. A perfect use for over-ripe cantaloupe, these pops make a light dessert or healthy between-meal refresher.

**MAKES:**

12 servings

**TOTAL TIME:**

Prep: 10 min. + freezing

**Ingredients**

* 4 cups cubed cantaloupe
* 1/4 cup sugar
* 2 tablespoons lemon juice
* 1 tablespoon chopped fresh mint or 1 teaspoon dried mint
* 1/2 teaspoon grated lemon peel
* 12 plastic cups or Popsicle molds (3 ounces each)
* 12 Popsicle sticks

**Directions**

In a blender or food processor, combine the first five ingredients; cover and process until smooth. Pour 1/4 cup into each cup or mold; insert Popsicle sticks. Freeze until firm. **Yield:** 1 dozen.

**Nutritional Facts**

1 each: 36 calories, 0 fat (0 saturated fat), 0 cholesterol, 5mg sodium, 9g carbohydrate (0 sugars, 0 fiber), 0 protein. **Diabetic Exchanges:** 1/2 fruit.