



## August 15- Frozen Melon Pops

Smart Snack

Link: No link, CNP student recipe

### Recipe

*Ingredients:*

1 melon such as watermelon, honeydew, or cantaloupe  
Popsicle sticks

*Directions:*

1. Wash hands with warm, soapy water.
2. Wash melon, cut off rind and slice into 1 inch wedges.
3. Poke a Popsicle stick into each wedge and place in the freezer on a cookie sheet.

Yield 20 servings

### Nutrition Facts

Serving Size 1 piece (225.9g)  
Servings Per Container 20

**Amount Per Serving**

**Calories** 80      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **1%**

Saturated Fat 0g      **0%**

Trans Fat

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber <1g      **4%**

Sugars 14g

**Protein** 1g      **3%**

Vitamin A 25%      •      Vitamin C 30%

Calcium 0%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.