



Nutrition TEAM

with Kim Ross

Watermelon Pops

This is a sweet and refreshing treat for the hot summer days!

Serves: 32 pops

Prep time: 1.5-2 hours

Total time: 3.5-4 hours

Ingredients:

- ½ of a Watermelon, seedless
- 1 ½ cups of Greek yogurt, vanilla or plain

Popsicle molds like [these](#).

(We got ours from wal-mart at an after summer sale for \$.25 each.)



Directions:

1. Cut the rind off of the watermelon and dice into chunks.
2. Place watermelon flat on a cookie sheet or pan and stick in the freezer for about 1 hour. You want them to begin the freezing process but not be completely frozen. (I sometimes will do this step the day before and left the watermelon on the counter for about 15-20 minutes to begin to defrost when I am ready to blend them)
3. Place partially frozen watermelon chunks and Greek yogurt into a blender and blend.
4. Pour mixture into popsicle molds. Fill all the way to the top. Any gaps can cause the sticks to not freeze with the watermelon, Freeze for about 1-2 hours or longer.
5. Enjoy!

Note: They are easy to make and freeze well until you are ready to use them. Sometimes the pops can be tricky to get out of the mold. I just put my hand on the outside of the mold to warm it up while twisting the top until they slide out.

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*