

## Summer Popsicles



### Ingredients:

- 1/2 Watermelon, cubed and seeded
- 8 ounces low-fat or fat-free yogurt
- 20 Ice cubes

### Directions:

1. Blend watermelon, yogurt and ice until smooth.
2. Pour contents into small cups and place plastic spoons or reusable popsicle holders in the centers.
3. Freeze until fully frozen

Makes 10 Servings



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>