



tropical melon ice pops

prep time:

10

featured product:

romaine heart leaves

beat the heat or soothe a sore throat with this tropical melon ice pops recipe! these frozen tropical melon pops are a great recipe for kids. lime and honeydew add a zingy flavor, while coconut milk gives these pops a creamy and dreamy bite. super easy to make & your kids won't even taste the greens!



ingredients

4 servings

2 **organicgirl® romaine heart leaves** ?

1 can full-fat coconut milk

1 honeydew melon

juice of two limes

pinch of stevia

substitutions

? substitute with **little gems**

directions

1. cut honeydew in half, seed, remove rind and cut melon into chunks.

2. puree honeydew and push melon puree through a fine-mesh sieve. puree all ingredients in a blender to a smooth consistency.

3. pour into popsicle molds and freeze.