

# Watermelon Pops

Makes 12

## Ingredients

- Quarter of a watermelon
- Ice cream sticks

## Method

1. Wipe down the skin of the watermelon with a damp paper towel.
2. Cut the watermelon into wedges, keeping the skin on.
3. Make a small cut into the skin and insert the ice cream stick into the bottom of the watermelon wedge.



NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 83g (1 slice)		
	Per serve	Per 100g
Kilojoules (kJ)	106	127
Protein (g)	0.3	0.4
Total fat (g)	0.3	0.3
- Saturated fat (g)	0.0	0.0
Carbohydrates (g)	5.3	6.4
- Sugars (g)	5.3	6.4
Fibre (g)	0.5	0.6
Sodium (mg)	1.7	2.0

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.