

Melon-Cherry Pops

Recipe By Marilyn Ayalon



Cooking and Prep:  3
h 45 m

Serves:  10

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, Sugar Free

Source: Family Table by
Mishpacha Magazine

Say goodbye to store-bought ices loaded with artificial flavors and food coloring! Here's an array of 100% natural fruit pops made from fresh fruit. They're refreshing, delicious, and perfect for a lazy summer day. A terrific treat for young and old alike. Melon-Cherry Pops are pictured top right. Also pictured: [Coconut-Pineapple Pops](#), [Grape-Mint Pops](#), [Kiwi-Honey-Lemon Pops](#), [Mango-Passionfruit Pops](#), [Orange-Watermelon Pops](#).

Ingredients (5)

Main ingredients

- 1 medium-sized melon of your choice
- 1 cup cherries, pitted (fresh, frozen, or canned)
- 1/2 cup sugar
- 4 tablespoons water
- juice of 1/2 lemon

Start Cooking

Make the Pops

Yields about 10 ice pops, depending on the size of the containers used as molds

1. Peel melon. Remove seeds and process into a smooth puree. Strain (this step can be skipped if you prefer a chunkier texture) and pour the juice into a bowl.
2. Place water and sugar in a small saucepan and cook over low heat until syrupy. Remove from heat and cool.
3. Add syrup and lemon juice to melon. Mix well. Pour into molds (see tip). Add cherries and distribute evenly.
4. Freeze for half an hour. Insert popsicle sticks into the center of each pop and return to freezer until completely frozen.

Tip:

- If you don't have ice pop molds, you can make these fruit pops in disposable cups or in whatever you find in your local paper goods store. Or use recycled yogurt containers!
- Make sure not to fill your molds to the top because liquids expand when frozen.
- Control the amount of added sugar. Some fruits, like mango or grapes, are sweet enough that there's no need for any additional sugar. Consider the amount of sugar given in these recipes as a suggestion. Taste your pureed fruit and decide how much syrup to add. Remember that it will be somewhat less sweet when frozen.
- To remove the pops from their containers, dip them into hot water for a second or two, and they'll slide out like a charm.

Credits

Photography: Boaz Lavi

Styling: Anat Label