

Honeydew Raspberry Popsicles



- 1/2 honeydew melon, peeled, seeded and chopped (2 cups)
- 2/3 cup sugar, divided
- 1/2 cup natural yogurt (Greek is best)
- 1 cup raspberries

Place honeydew and 1/3 cup sugar in a blender. Process until smooth. Pour through a fine-mesh sieve to remove solids. Stir 6 tablespoons yogurt into honeydew puree. Pour into 6 (3 ounce) popsicle molds. Freeze for 1 hour or just until firm enough to hold next layer.

Rinse out blender. Add raspberries and 1/3 cup sugar. Process until smooth. Strain through a fine-mesh sieve to remove seeds. Stir 2 tablespoons yogurt into raspberry puree. Pour over honeydew layer. Freeze for an additional 2 hours, or until firm.

These are best eaten within one week.

Makes: 6

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