

HEART SMART!

Kiwi-Lime Ice Pops

Eight 2-ounce pops**Active Time:** 30 minutes**Total Time:** 1 1/2 hours**Ingredients**

- 1 1/3 cups water
- 2/3 cup sugar
- 1 teaspoon finely freshly grated lime zest
- 1 teaspoon grated fresh ginger
- 1/3 cup lime juice
- 1 drop green food coloring, (optional)
- 2 kiwis, peeled and very thinly sliced

Preparation

1. Pour water into a small saucepan, add sugar, lime zest and ginger. Stir over high heat until the sugar dissolves and the mixture comes to a boil. Remove from the heat and let cool to room temperature.
2. Strain the syrup through a fine sieve set over a bowl. Stir in lime juice and food coloring, if using.
3. Line 8 individual frozen-treat molds or small (2-ounce) paper cups with slices of kiwi, pressing them onto the sides so they are close together but not overlapping. Fill each mold or cup with the lime mixture.
4. Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm. Dip the molds briefly in hot water before unmolding.

**Nutrition**

Per serving: 79 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 20 g carbohydrates; 0 g protein; 1 g fiber; 2 mg sodium; 73 mg potassium.

http://www.eatingwell.com/recipes/kiwi_lime_ice_pops.html