

chilly melon cups



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"This cool treat is stored in the freezer so it's always handy," says Katie Koziolk of Hartland, Minnesota. "It's a great way to use what's left from a fruit platter and to get kids to enjoy nutritious fruit."

PREP/TOTAL TIME: 20 MIN. + FREEZING YIELD: 18 SERVINGS

- 1 cup water
- 1 cup sugar
- 1/2 cup lemonade concentrate
- 1/2 cup orange juice concentrate
- 4 cups watermelon balls or cubes
- 2 cups cantaloupe balls or cubes
- 2 cups honeydew balls or cubes
- 2 cups pineapple chunks
- 2 cups fresh raspberries

In a large bowl, combine the water, sugar and concentrates; stir until sugar is dissolved. Add fruit and stir gently to coat. Spoon into foil-lined muffin cups or 3-oz. plastic cups. Freeze for up to 3 months.

Before serving, thaw overnight in the refrigerator or let stand at room temperature for 30-45 minutes or until slushy.

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