

# Low-Carb Triple Melon Popsicles

Hands-on 15 minutes Overall 4 hours

**Nutritional values (per serving, 1 popsicle):** Total carbs: 5.3 g, Fiber: 0.4 g, **Net carbs: 4.9 g**,

Protein: 0.4 g, Fat: 0.1 g, Calories: 21 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

1 cup diced watermelon (150 g/ 5.3 oz)

1 cup diced honeydew melon (150 g/ 5.3 oz)

1 cup diced cantaloupe melon (150 g/ 5.3 oz)

1 1/2 lime, juiced (4-5 tbsp lime juice)

*Optional:* 15-25 drops [Stevia](#) extract or other healthy [low-carb](#) sweetener from [this list](#)

## Instructions

1. Dice the watermelon, honeydew and cantaloupe melon.
2. Blend each melon in a separate bowl and squeeze half of a lime in each of the bowls. Optionally, add stevia to taste (5-10 drops per each bowl).
3. Start pouring the first layer into the pop molds. Distribute evenly and place in the freezer for about 30 minutes, just enough to get a thin layer of ice crust. If you pour all the layers on top of each other at once, they will blend together. A hour in the freezer is enough to prevent mixing.
4. Add the second layer and place in the freezer for another hour.
5. Finally, add the last layer, insert wooden sticks if your molds don't come with sticks or build-in handles and place in the freezer for at least 2 hours. Remove pops from the molds just before serving and enjoy!
6. Store in the freezer for up to 6 months.

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