

# Cantaloupe, Strawberry, and Mint Pops

Makes about 9 pops

*The recipe for simple syrup yields about 1 cup, which is more than you will need for this recipe. Lucky you! Mint-infused simple syrup is wonderful for sweetening homemade lemonade, iced tea, and cocktails like [mint juleps](#).*

## **For the simple syrup:**

$\frac{3}{4}$  cup water

$\frac{3}{4}$  cup granulated sugar

$\frac{1}{2}$  cup mint sprigs

## **For the pops:**

4 cups (about 1 lb) cut cantaloupe

$\frac{1}{3}$  cup mint-infused simple syrup

1 cup sliced strawberries

To make the simple syrup, combine the water and sugar in a small saucepan. Bring to a simmer and stir occasionally until the sugar dissolves. Simmer for 3 minutes then remove from the heat and stir in the mint sprigs. Let the mint infuse for 15 minutes. Strain the syrup and discard the mint sprigs. You should have about 1 cup simple syrup. Refrigerate the syrup until ready to use.

Add the chopped cantaloupe to a blender and puree. Pour the cantaloupe puree into a measuring cup; you should have about 2 cups pureed cantaloupe. Stir  $\frac{1}{3}$ -cup simple syrup into the puree. Taste and add more simple syrup if desired (see the head note above for ideas on what to do with leftover simple syrup). Chill the mixture in the refrigerator for at least 30 minutes.

Freeze pops using a pop maker like the [Zoku Quick Pop Maker](#) or use plastic molds. Add 3 or 4 strawberry slices to each mold and then add the cantaloupe puree. If using a pop maker like the Zoku, follow the instructions included with the machine for freezing. If using plastic molds, freeze the mixture in the molds for 3 to 5 hours before serving. Enjoy!