

# RECIPE OF THE WEEK: PALEO EDITION

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## Watermelon Freeze

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### Ingredients:

- 4 cups watermelon, seeded and cubed
- 2 cups cantaloupe, cubed
- 3 fresh mint leaves (or 1 mint tea bag)
- 1 cup water
- juice of 1 lemon
- paper muffin liners or small paper cup

### Instructions:

1. Puree watermelon and cantaloupe in a food processor until smooth.
2. Place in a medium saucepan over medium heat and bring to a simmer. Cook for 15 minutes.
3. Meanwhile, in another pan, steep the mint leaves or tea bag in 1 cup boiling water for about 3 minutes.
4. Strain mint leaves, and add the infused water to the cooked melons.
5. Turn off heat and stir in lemon juice.
6. Line a muffin pan with paper liners (may instead use small paper cups or ice cube trays).
7. Pour the melon puree into each liner and freeze.
8. When beginning to firm up, insert flat wooden sticks into the center of each.
9. Freeze until completely hard or the papers will not peel easily away.
10. Remove papers before serving.

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