



# Cocktail popsicle

20'  
Hands on

6 hours'  
Hands off

8  
Portion(s)

1  
Difficulty



## Ingredients

- 8 lime(s)
- 250 g strawberries, stem removed
- 20 mint leaves
- 100 g water
- 100 g granulated sugar
- 500 g rum
- mint leaves, to serve

## Διατροφικός πίνακας

Nutrition information per portion

215 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	15.0 Total Carbs (g)
11%	0%	0%	6%
15.0 Sugars (g)	0.6 Protein (g)	1.8 Fibre (g)	0.0 Sodium (g)
17%	1%	7%	0%

## Method

- Squeeze the limes and pour their juice into [popsicle molds](#).
- Transfer the molds in the freezer for 2 hours until the juice becomes thick.
- In a blender, beat the strawberries with the mint leaves for 1 minute until they become a puree.
- Pour the mixture in the molds and fill the popsicle molds that you have placed the lime juice in.
- Transfer the molds to the freezer for 3-4 hours until they freeze.
- Place a [pot](#) over medium heat. Add the water with the sugar until it comes to a boil and the sugar dissolves.
- Remove pot from heat and allow the syrup to cool.
- Pour the rum and the syrup in glasses with ice. Add the popsicle and mint leaves in the glass.