



Recipe Category / Ice Cream

# Lemon Popsicles

**10 minutes**

Hands on

**10**

Portion(s)

**1**

Difficulty



## Method

- Add the lemon zest, lemon juice, sugar and water in a small saucepan. Place over medium heat and stir until the sugar dissolves.
- Remove from heat. Set aside until the mixture cools and the lemons release all of their aroma, flavor and color.
- Pass the mixture through a strainer and pour into 80 ml popsicle molds.
- Insert popsicle sticks. Put in freezer overnight or until completely frozen and solid.

## Ingredients

- lemon zest, of 3 lemons
- lemon juice, of 3 lemons
- 650 ml water
- 175-200 g granulated sugar

## Διατροφικός πίνακας

Nutrition information per portion

83 Calories (kcal)	0.0 Total Fat (g)	0.0 Saturated Fat (g)	20.0 Total Carbs (g)
4%	0%	0%	8%
20.0 Sugars (g)	0.0 Protein (g)	0.0 Fibre (g)	0.0 Sodium (g)
22%	0%	0%	0%