

Recipe available on www.thezestpodcast.com

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Strawberry Lemonade Ice Pops

Recipe credit: The Hyppo Gourmet Ice Pops



What you need:

- 1 quart of whole strawberries
- 2 large lemons
- 1 cup of sugar
- 1 cup water
- 1/2 tsp. of sea salt

What to do:

-Destem strawberries.

-Juice and zest lemons.

-In a mixing bowl, add sugar, salt, and water. Whisk until fully dissolved.

-Pour all ingredients into blender and blend on medium until puréed but still thick.

-Pour mix into ice pops mold and add sticks (secure with fitted top or stick through foil to ensure proper placement)

-Place in freezer for 6-8 hours

-Remove once frozen solid, run mold under warm water while pulling on sticks to release the pops.