

POPSICLES WITH WHITE PEACHES, RASPBERRIES AND LEMON BALM LEAVES

The temperatures of the last few days are giving us all a hard time. The mercury on the thermometer climbs to dizzying heights and we are all looking for a way to cool down and refresh. These homemade popsicles with pieces of fruit are the great choice.

To prepare them, I used white peaches and raspberries, which I poured with a infusion of lemon balm, lime and maple syrup. They are not too sweet and very refreshing.

INGREDIENTS

6 pcs

2 white peaches

a handful of raspberries

10 lemon balm leaves

juice of 1 lime

1 – 2 tablespoons of maple syrup

300 ml water

Mold for popsicles and sticks

INSTRUCTIONS

1. First, prepare the infusion. Pour the lemon balm leaves with hot water and leave infuse (about 10-15 minutes). Let cool and add lime juice and maple syrup. Mix together.
2. You can remove the lemon balm leaves if you do not like them.
3. Prepare popsicle molds.
4. Wash the peaches, cut them in half, remove the stone and cut them into small pieces.
5. Spread the pieces of peaches and raspberries evenly in the popsicle molds and pour over them the infusion.
6. Insert sticks (or spoons).
7. Let it freeze for at least 4-6 hours.
8. Before turning it out of the mold, it is good to let the popsicles loosen a little so that they are going easier from the molds.

Tip: *This tip is for adults. These popsicles are also suitable for summer parties. Serve them in glasses and pour over the sparkling wine*