

peach popsicles



gluten-free



nut-free



sugar-free



soy-free



oil-free



4 popsicles



10 min (+ a few h in the freezer)

Ingredients:

420 g (2 medium-sized) peaches
3 g (20 medium-sized) mint leaves
40 ml (8 tsp) lime juice (from 1 lime)

Important equipment:

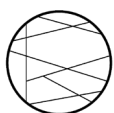
4 x 100 ml popsicle molds

Instructions:

1. Start by cutting the peaches in half and remove the pit.
2. Roughly chop the flesh and place them in a cup of an immersion blender.
3. Add mint leaves and lime juice.
4. Blend it all until smooth and pour into popsicle molds.
5. Place the top part of the molds and put the popsicle in the fridge for a few hours.
6. Once you are ready to eat leave the popsicle out for a few minutes or pour some water over to make them come out easily.


Notes & tips:

1. Peaches - Make sure they are ripe and sweet, otherwise the popsicles might not be as tasty
2. The popsicle mixture will be more flavorful than when it's frozen in the form of a popsicle, so you can add some sweetener of your choice (like maple syrup) if you would like popsicles to be very sweet.
3. Rolling the lime before cutting with make it easier to squeeze the juice out.



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