





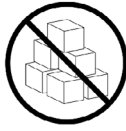
# watermelon popsicles



gluten-free



nut-free



sugar-free



soy-free



oil-free



4 popsicles



10 min (+ a few h in the freezer)

## Ingredients:

**400 g** ripe watermelon flesh

**20 ml (4 tsp)** lime juice

## Important equipment:

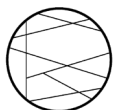
**4 x 100 ml** popsicle molds

## Instructions:

1. Spoon out 400 g of watermelon flesh from the watermelon.
2. Remove the seeds. They are edible and whenever I eat watermelon I eat the seeds, but they might create the popsicle experience less pleasant.
3. Place the watermelon flesh in a cup of an immersion blender.
4. Add lime juice.
5. Blend until smooth and pour it into the popsicle molds.
6. Place the top part of the molds and put the popsicle in the fridge for a few hours.
7. 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. Watermelon - Make sure they are ripe and sweet, otherwise the popsicles might not be as tasty. When looking for a good watermelon choose the one that is dark green and the little patch that watermelons have is yellow-green, not white.
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.



ReShape.

reshape-official.com

reshape\_official

ReShape.