

Fresh Strawberry Popsicles

A favorite among many kids, especially my own! Fresh picked strawberries can make a difference, but store bought of course works well. The more in season the strawberries are, the less sugar you need.



Ingredients:

4 cups Fresh strawberries, hulled and cut into quarters
¼ cup Honey
¼ cup Sugar
½ cup Water
2 TB Fresh squeezed lemon or lime juice

Directions:

Combine the strawberries, honey, and sugar in a bowl. Let sit for 20 minutes, letting the strawberries release their natural juice.

Place the strawberries in a pot with the water. Simmer for 3-5 minutes until they are softened. Let them cool to room temperature. Add the lemon or lime juice.

Using a blender or food processor, puree until desired smoothness. Chunks of strawberries can be fun to eat!

Pour the mixture into your popsicle molds and freeze until hard. If you don't have molds with lids, let them freeze for an hour before inserting the sticks so they don't shift.

Arroz con Leche Pops (Rice pudding pops)

It's different, but delicious! This is also one of my kids' favorite flavors.



Ingredients:

½ cup Short or medium grain rice
3 cups Whole or 2% milk
2/3 cup Heavy cream
¾ cup Sugar
1 Cinnamon stick
1 Vanilla bean, split lengthwise or ¾ tsp pure vanilla extract

Directions:

Combine the rice, milk, cream, cinnamon stick, and half of the sugar in a medium pot. If you are using a vanilla bean, scrape the seeds into the pot and add the pod. Cook over medium heat until simmering. Simmer on low heat, stirring occasionally, for 45 minutes.

Add the remaining sugar and vanilla extract, if using. Cook for 5-10 minutes longer until rice is tender.

Let mixture cool. Remove the vanilla bean pod and cinnamon stick.

Using a blender or food processor, puree until smooth.

Pour the mixture into your popsicle molds and freeze until hard. If you don't have molds with lids, let them freeze for an hour before inserting the sticks so they don't shift.

Creamy Cocount Popsicles

A slightly exotic flavor, these are refreshing on a hot summer day!



Ingredients:

1 13.5 oz can Coconut milk
1 14 oz can Sweetened condensed milk
2/3 cup Half and half
1/4 tsp Salt
1/4 tsp Pure vanilla extract
3/4 cup Unsweetened shredded coconut, lightly toasted*

Directions:

Using a blender, blend the coconut milk, condensed milk, half and half, salt, and vanilla until smooth. Stir in the shredded coconut.

Pour the mixture into your popsicle molds and freeze until hard. If you don't have molds with lids, let them freeze for an hour before inserting the sticks so they don't shift.

*Toast the coconut on low heat on a pan until it gives off an aroma, being careful not to burn it. Or toast in the oven at 325 degrees for 10-15 minutes.

Watermelon Ice Popsicles

A quick, easy, and inexpensive summer treat.



Ingredients:

1/2 cup Water
1/2 cup Sugar
4 cups Diced watermelon
1 TB Fresh lime juice
Pinch Salt

Directions:

Heat the water and sugar in a small pot until it boils, stirring occasionally, and the sugar has dissolved. Let the syrup cool to room temperature.

Pour the syrup into a blender. Add the watermelon, lime juice, and salt. Blend until smooth.

Pour the mixture into your popsicle molds and freeze until hard. If you don't have molds with lids, let them freeze for an hour before inserting the sticks so they don't shift.

Lime Ice Popsicles

Fresh limes make these tart, but delicious and refreshing.



Ingredients:

2 cups Water
2/3 cup Sugar
3 (1 inch) Strips of lime zest
3/4 cup Freshly squeezed lime juice from ~10 small limes

Directions:

Heat the water, sugar, and lime zest in a small pot until it boils, stirring occasionally, and the sugar has dissolved. Let the syrup cool to room temperature.

Strain through a fine mesh sieve into a bowl. Stir in the lime juice.

Pour the mixture into your popsicle molds and freeze until hard. If you don't have molds with lids, let them freeze for an hour before inserting the sticks so they don't shift.