



Lemonade Icy Poles

You will need:

6 or 7 Juicy Lemons

250ml or yummy runny honey

700ml of water

About 18 to 20 empty Yoghurt or jelly fruit containers

About 20 icy pole sticks.

Method

1st Finely grate the zest from 3 of the lemons and place it into a saucepan along with 500ml of water and the honey. Bring this to the boil then remove it from the heat to allow it to cool a little.

2nd Squeeze the juice from all of the lemons and pour it into a jug, you should get about 250ml, if not juice more lemons to make it up.

3rd Strain the honey and lemon water through a sieve to remove the zest. Pour in some lemon juice a little at a time and stir the mix. Then taste it. Keep adding more lemon juice until the mix has a taste that you like.

(At this stage you have made a strong lemonade, if you want to use it as a drink add the rest of the water and serve it with Ice Cubes)

4th Place your mix into the fridge to cool, then add the rest of the water to dilute the mix a little. Stir it well then pour it carefully into the recycled yoghurt or fruit containers. Don't fill the containers to the very top because when they freeze the lemonade expands and it will make a mess in the freezer. Put the containers in the freezer for a while until the mixture starts to freeze a little.

5th Take them out of the freezer then put an icy pole stick into each container. If you don't mind the sticks being on an angle they can be put in when you first put the containers into the fridge, that way you don't have to disturb them until it's time to eat them.

6th Time to enjoy one of these yummy good for you treats.