



Watermelon Basil Ice Pops

Serving:

10 pops

Type:

Dairy free dessert or snack

Author:

Bees Knees Ice Pops

Notes:

Here's the quintessential watermelon pop to quell your thirst during the dog days of summer. Consider seasoning with fresh basil, mint or parsley.

Note that the recipe suggests using about 1/4 of the whole watermelon. A 2 lb. watermelon will yield about 2 1/4 cups of puree, which is what this recipe calls for. Use more of the reserved melon if needed.

Ingredients:

1 ripe watermelon, preferably seedless

1/2 cup simple syrup* or 2 Tb. honey.

1 bunch fresh basil or mint

Directions:

Scrub watermelon before starting.

Cut 1/4 of the watermelon, scoop flesh from rind, chop fruit and transfer to a blender. Reserve rest of melon for other use.

Puree melon, slowly adding simple syrup or honey. Taste puree for sweetness.

Mince basil or mint and add to mixture.

Pour mixture into pop molds** add sticks and freeze for 4-6 hours.

Remove pops from mold and slurp away.

Tips:

* Simple syrup: Measure 1 cup water and 1 cup sugar in a small saucepan. Boil and stir until sugar dissolves. Set aside until it cools. Alternatively, use a ratio of 2:1 or 2 cups water to 1 cup sugar. Either way, this recipe is so pure that all you need to do is taste the puree as you're blending and you'll know when it is just right.

** Amy and Glenn recommend Norpro Molds. See link to buy in blogpost above.