



Water Kefir Popsicles – Lemon Lime and Berry

Lemon Lime Popsicles

Makes 2-4

Equipment Needed:

2-cup measuring cup
Measuring spoons
Spoon for stirring
Container for making the popsicles in
Popsicle sticks

To Make The Recipe:

Lemons and limes to make 1/3 cup combination of fresh lemon and lime juice
1 cup water kefir
1-2 tbsp honey (or add to taste)

Cut the lemons and limes in half and squeeze the juice into the 2-cup measure until there is 1/3 cup. Add the kefir water and honey to taste. Pour the mixture into the cavities of the popsicle container. If the popsicle container has a lid, then place it on top. Put the popsicles in the freezer for 30 minutes. After the popsicles are partially frozen, take out of the freezer and insert a popsicle stick into each cavity making sure they are straight. Place back in the freezer and let them freeze completely. To serve: Remove the popsicles from the freezer and let them temper at room temperature for five minutes. Pull the popsicles out of the container and serve.



Berry Popsicles

Makes 2-4

Equipment Needed:

2-cup measuring cup
Measuring spoons
Food Processor
Spoon for stirring
Container for making the popsicles in
Popsicle sticks
Mesh strainer

To MakeThe Recipe:

1 cup frozen berries (any combination of raspberries, strawberries, blueberries, blackberries, cherries)
1 cup water kefir
1-2 tbsp organic sugar (or add to taste) such as sucanat, coconut sweetener, palm sugar, maple syrup or honey

Place the berries in the food processor. Add the kefir water and sugar to taste. Process until pureed. Set the mesh strainer onto of the 2-cup measuring cup. Pour the berry mixture through the strainer to remove the raspberry and black berry seeds (optional). Pour the strained liquid into the cavities of the popsicle container. If the popsicle container has a lid, then place it on top. Put the popsicles in the freezer for 30 minutes. After the popsicles are partially frozen, take out of the freezer and insert a popsicle stick into each cavity making sure they are straight. Place back in the freezer and let them freeze completely. To serve: Remove the popsicles form the freezer and let them temper at room temperature for five minutes. Pull the popsicles out of the container and serve.