

Kiwi-Honey-Lemon Pops

Recipe By Marilyn Ayalon



Cooking and Prep:  3
h 45 m

Serves:  10

No Allergens

Preference: Parve

Difficulty: Medium

Diet: Vegetarian, Pescetarian,
Gluten Free, Low Fat, Salt Free

Source: Family Table by
Mishpacha Magazine

Say goodbye to store-bought ices loaded with artificial flavors and food coloring! Here's an array of 100% natural fruit pops made from fresh fruit. They're refreshing, delicious, and perfect for a lazy summer day. A terrific treat for young and old alike. Kiwi-Honey-Lemon Pops are pictured at right. Also pictured: [Melon-Cherry Pops](#), [Grape-Mint Pops](#), [Coconut-Pineapple Pops](#), [Mango-Passionfruit Pops](#), [Orange-Watermelon Pops](#).

Ingredients (6)

Main ingredients

- 13 kiwis, divided
- juice of 1 lemon
- 1 teaspoon lemon zest
- 2 tablespoons [Gefen Honey](#)
- 3/4 cup sugar

6 tablespoons water

Start Cooking

Make the Pops

Yields about 10 ice pops, depending on the size of the containers used as molds

1. Peel 10 kiwis and puree until smooth. If desired, pass through a fine strainer to remove the seeds.
2. Add lemon juice, lemon zest, and honey to the puree. Mix well.
3. Place water and sugar in a small saucepan and cook over low heat until sugar dissolves. Cool and add to kiwi puree.
4. Pour mixture into ice pop molds (see tip). Peel and cube the remaining three kiwis and distribute among the molds.
5. Freeze for half an hour. Insert popsicle sticks into the center of each pop and return to freezer until completely frozen.

Tip:

- If you don't have ice pop molds, you can make these fruit pops in disposable cups or in whatever you find in your local paper goods store. Or use recycled yogurt containers!
- Make sure not to fill your molds to the top because liquids expand when frozen.
- Control the amount of added sugar. Some fruits, like mango or grapes, are sweet enough that there's no need for any additional sugar. Consider the amount of sugar given in these recipes as a suggestion. Taste your pureed fruit and decide how much syrup to add. Remember that it will be somewhat less sweet when frozen.
- To remove the pops from their containers, dip them into hot water for a second or two, and they'll slide out like a charm.

Credits

Photography: Boaz Lavi

Styling: Anat Label