

Homemade Popsicles

One day I bought some frozen popsicles for my boys. In no time at all they were bouncing off of the walls.... After reading the ingredients, which included 'sucrose' as the second ingredient, I realized that I had just given them the equivalent of colored sugar water. *Sucrose, by the way, is just another word for ordinary sugar.

I remembered my mother making popsicles for my brothers and I as children with Jell-o so I began to experiment and came up with a recipe that I now get requests for almost daily! Our favorite is watermelon but we enjoy peach, cherry, lemon, orange, pineapple and many others!

The basic recipe:

Watermelon is the favorite fruit but any will work.

2 packages unflavored gelatin dissolved in 4 cups cool water

Add 2 cups boiling lemonade and stir to dissolve completely

Add 6 cups seeded, puréed watermelon or any other fruit that you like.

Mix together, pour into molds and place in freezer. After about 20 minutes add craft sticks to the middle. There will be a thin frozen layer on top that keeps the sticks upright. Allow the popsicles to freeze for another 2 hours or so.

To remove popsicles dip the mold into a bowl of hot water to loosen. Wrap popsicles with plastic wrap and place back in freezer. I figure my cost per popsicle is about 10 cents each. The kids all love them!

Wrap individual popsicles with plastic wrap to store in freezer.