

# Kiwi Popsicles

8 popsicles - 10 min + overnight freezing

300g frozen kiwi puree

2 tbsp liquid honey

75ml sugar water

**METHOD.** Defrost the kiwi puree completely. In a bowl, combine the kiwi puree with the honey and sugar water and stir well. Pour the mixture into popsicles molds. Freeze overnight or until fully solid.

**SUGAR WATER RECIPE.** In a sauce pan, dissolve 75g sugar in 250ml water over medium heat. Cool to room temperature.

