

## 3 Tangy Creamy Popsicles

### **Key Lime Pie:**

1 part zest and juice of limes

7-8 parts buttermilk

sweetened condensed milk to taste ( I used about half a can to sweeten the juice of three limes)

graham cracker crumbs (optional)

Zest and juice limes (omit the lime zest if you'd prefer a milder lime flavor). Stir lime juice together with sweetened condensed milk until there is a pleasant balance of sweetness to tartness. Add in 6-7 times the volume of liquid in buttermilk. The sweetened condensed milk makes this popsicle the richest most ice cream-like of the bunch. It is also the most fragile-- be very delicate when removing these pops from the mold. If you would like a lighter popsicle, you can swap out some (or all) of the sweetened condensed milk, and sweeten the lime juice with a sugar syrup or agave nectar. Stir in graham cracker crumbs for texture, if you're so inclined.

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### **Grapefruit Buttermilk:**

1 part grapefruit juice

1 part buttermilk

honey to taste

This popsicle is both the simplest and lightest recipe of the bunch. First mix the grapefruit juice and buttermilk, then stir in honey until the mix has a sweetness that you like. Make sure that you completely stir in the honey each time, so you don't accidentally oversweeten the mix .

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### **Mango Lassi:**

1 part mango chunks (frozen or fresh) or mango puree

1-2 parts yogurt

lime juice to taste

simple syrup or agave nectar to taste

a few drops orange flower water (optional)

a pinch ground cardamom (optional)

Blend mango together with yogurt. I like to use frozen mango chunks, and then add enough yogurt for the mixture to blend fully. Add in lime juice, then sweeten to taste.

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### **Store**

Freeze popsicles in molds. Remove frozen pops and store in plastic bags for several months.