



# WATERMELON BASIL POPSICLES RECIPE

## INGREDIENTS

- 3 cups watermelon
- ½ cup herbal syrup
  - 3-4 fresh basil leaves
  - ¼ cup water
  - ¼ cup honey



## INSTRUCTIONS:

Make the herbal syrup.

Place water and honey in a small saucepan and bring to a boil.

Pour into a heat-proof bowl and chop basil.

Add basil to syrup and stir to fully cover.

Let mixture sit for 10 minutes.

Strain the herbs out of the syrup with a fork.

Allow syrup to cool completely.

When syrup is cooled, pulse watermelon in a blender until mostly liquified.

Add the basil syrup and blend on low until smooth.

Pour into popsicle molds and freeze until completely firm, at least 4 hours.

Enjoy!