



# Lemon and Ginger Ice Pops

Makes 10 servings

## Ingredients

2¾-inch (1-ounce) piece fresh ginger, peeled  
and finely chopped  
3½ cups water  
¾ cup sugar

5 tablespoons lemon juice (from 3 lemons)  
Zest of 3 lemons  
Lemon slices (optional)

## Instructions

1. Put the ginger, water, sugar and lemon zest in a small saucepan and bring to a simmer.
2. Simmer until the sugar is dissolved, then remove the pan from the heat and let it cool to room temperature.
3. Pour the mixture through a fine strainer, pressing down hard on the ginger with the back of a spoon. Mix in the lemon juice.
4. Pour the mixture into ice pop molds, leaving ¼ inch at the top to let the mixture expand while it freezes.
5. Place a slice of lemon in each mold (if using), then insert the sticks and freeze.

## Nutrition Facts

Serving size: 1 popsicle; calories per serving: 62; total fat: 0g; saturated fat: 0g; cholesterol: 0mg; sodium: 15g; carbohydrates: 16g; fiber: 0g; sugar: 15g; protein: 0g

Source: [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

