

# Creamy lemon popsicles

## Raciones para 1

400 ml  
Condensed milk  
250 ml  
Heavy cream 35% of butterfat  
200 ml  
Lemon juice  
1 pinch  
Salt  
2 teaspoons  
Lemon zest

- 1 Whisk the heavy cream, the condensed milk and the pinch of salt in a bowl.
- 2 Add the lemon zest and combine.
- 3 When everything is well combined, add the lemon juice, mix again and save for 20 minutes. The mixture will be thicker.
- 4 When it is ready, pour it in the popsicle molds and freeze them for 4 or 6 hours at least.
- 5 Run the sides of the molds
- 6 Run the sides of the popsicles under warm water so you can remove the molds and eat them.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/polos-de-limon-y-menta/>

