

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

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

