



Consejo del chef

Enjoy one of the most typical summer flavours in the most refreshing way!

Raciones para 4

750 ml Red wine

330 ml Lemon flavoured drink
(soda)

Sugar to taste

1 Cinnamon stick

Lemon peel

- Seasonal fruit, diced (cherries,
peaches, apples, strawberries...)

- 1 Prepare the sangria in a glass jar. Pour the wine, lemonade, and sugar to taste. Stir to combine well.
- 2 Add the cinnamon stick and lemon peel and place in the refrigerator.
- 3 Meanwhile, wash and dice your favourite fruit. Place them inside the popsicle moulds. We need to put enough fruit inside so the dices don't float when we add the sangría.
- 4 Fill in the moulds with sangria and place them in the freezer until they are ready.
- 5 Immerse them into lukewarm water for a few seconds to unmold.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/polos-de-sangria/>

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