



## 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/>

**COOKING**  
**LOVERS** 