

#FOOD

# EASY TO MAKE popsicle recipes

Summer is unquestionably synonymous to popsicle season. Albeit we are hurtling towards the end of this hot and humid weather, the heat does not seem to reduce in its intensity except on the cool rainy days. What we really need to accustom ourselves to this tormenting temperature is to cool ourselves internally. The best way to do this during summer is by concocting delicious popsicles — chunky mango, mango kulfi, chocolate cookie, mixed fruit pastel popsicles, which will not only cool you off, but will give you delicious bursts of refreshment.

Although store bought popsicles is a readily available option, it does not give you the freedom to pick, choose, and play around with fun ingredient combinations. Needless to say, you are limited to only a few flavour options to choose from.

On the contrary, when it comes to making your own popsicles, the sky is the limit. You can choose your desired flavour blends, layer them as you like, and control the intensity of each flavour profile, which ultimately result in unique popsicles that leave you craving for more. Thus, in order to enjoy the last bit of summer in a delectable way, here are four popping popsicle flavours that are sure to penetrate right into your soul. And what better way is there to beat the heat during this never-ending humid season?

## CHUNKY MANGO POPSICLES

*The inclusion of mango chunks in this popsicle is probably the best way to devour frozen mango cubes. Every bite will give you a fruity burst of sweet mangoes accompanied with the slight tartness of yoghurt; a match made in heaven for sure. As good as they look and taste, these are also very easy and simple to make requiring minimal ingredients.*

### Ingredients

2 medium-sized mangoes  
1 cup sour yoghurt  
½ cup milk  
2 tbsp sugar  
1 tsp mango essence (optional)



### Method

To make these popsicles, first begin by preparing the mangoes. Choose sweet and soft mangoes, if possible, for this one. Slice the mangoes lengthwise from either side



of the seed and get rid of the seed entirely. Remove the peel carefully so that you are left with four large mango cheeks. Cut them into small bite size chunks and leave them aside for later use.

In a blender, drop in the sour yoghurt, milk, sugar, and mango essence all at once. In this case, adding mango essence is optional as its absence will not hamper the flavour profile much. You can adjust the amount of sugar according to your desired level of sweetness. Next, give the blender a blitz until you are left with a slushy and homogenous mixture.

To prepare the chunky mango popsicles for freezing, drop the cubed mango chunks in your popsicle moulds and fill them up till the top. Do not pack them tightly but rather

just loosely assemble them, leaving plenty of space around the chunks. Then, pour in the prepared yoghurt mixture to fill in all the gaps around the mango chunks.

After this, all that is left to do is pop in your popsicle sticks and let them firm up in the freezer overnight before you can enjoy these delicious and fruity treats!

## MANGO KULFI POPSICLES

*If you are wondering how to use up the last mangoes of the season, this popsicle is your answer. You can make these in bulk and store them in your freezer for long periods, allowing yourself to go back and enjoy the irresistible taste of sweet mangoes whenever your heart desires. This one is loaded with the appropriate spice blends and boasts a creamy and silky texture.*

### Ingredients

4 cups milk  
1/4th cup condensed milk  
Pinch of saffron  
1 tsp cardamom powder  
1 tsp cinnamon powder  
1 large ripe mango  
2 tbsp chopped nuts

### Method

To make this luscious kulfi popsicle, start by preparing the mango and nuts. Peel away its skin and retrieve the flesh of one large ripe mango. Blitz this to attain a fine mango puree, measuring about ¾ cup. You can use a combination of nuts according to your choice — cashews, pistachios, and almonds. Remove their skin and finely chop them to get the required amount.