

# Canada Agriculture and Food Museum

## Lemon ice cubes and frozen pops

### Apprentice chef sprouting experiments recipe

- 6 ripe lemons
- 250 ml / 1 cup honey or maple syrup
- 750 ml / 3 cups cold water
- pinch of salt

### Equipment

- chopping board
- knife
- citrus juicer
- pitcher
- measuring cup
- wooden spoon
- strainer
- ice cube tray or frozen pop moulds



## Preparation

1. Rinse the lemons under running tap water while rubbing by hand or scrubbing with a clean brush. Dry the lemons with a clean cloth or paper towel.
2. Cut the lemons in half on the chopping board.  
**Be careful when cutting the lemon.** If necessary, ask an adult to help you.
3. Using the citrus juicer, extract the juice and the seeds from the lemons. To do this, press each half lemon down on the juicer and turn it from left to right and back.
4. To separate the seeds and pulp from the juice, place a strainer on top of the pitcher and pour the liquid from the juicer through the strainer. There should be approximately 200 to 250 ml (1 cup) of juice in the pitcher.
5. Pour the honey or maple syrup into the pitcher and add half of the cold water (375 ml or 1½ cups). Using the wooden spoon, stir the mixture until the honey or maple syrup dissolves in the water.
6. Add the rest of the water and mix well again.
7. **Lemon ice cubes:** Pour the lemonade into an ice cube tray. Fill each cube close to the top. Place the tray in the freezer and store any remaining lemonade in the refrigerator, to make a second batch of ice cubes later. Wait a few hours. When the ice cubes have frozen, add some to your glass of water
8. **Lemon frozen pops:** Pour the lemonade into a frozen pop mould. Fill each space close to the top and place a stick in the centre of each space. Place the mould in the freezer and store any remaining lemonade in the refrigerator, to make a second batch of pops later. Wait a few hours. Once the pop is frozen and ready to enjoy, place the mould upside down under the tap and run hot water over it. This will thaw the outside of the frozen pop: gently pull on the stick and it should slide smoothly out of the mould.

## Suggestion

Don't have a frozen pop mould? Make moulds out of clean, empty individual yogurt containers and use wooden sticks. Place the containers filled with lemonade in the freezer. When the lemonade begins to thicken and freeze, insert the wooden sticks. To remove a frozen pop from the container,



hold it under the tap and run hot water over it. Gently pull on the stick until the frozen pop slides out of the container.



**This lesson plan was produced by the Canada Agriculture and Food Museum.**

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