

# CULTURED SORBET POPSICLES



## **Ingredients:**

- 4 peaches
- 10 mint leaves
- juice from one lemon
- one lemon cut into slices (rounds)
- 200 ml (3/4 cups) water kefir

## **Cultured sorbet popsicles preparation**

Place all ingredients into the Kefirko fermenter and cover with the glass weight. Add water kefir and make sure that everything is submerged under the water kefir. Leave 2 cm (one inch) room between the top of the water kefir and the top of the Kefirko fermenter. Close the lid, put in a dark place and leave to ferment for 24 hours at room temperature.

After the peaches have fermented, blend the peaches, mint leaves and 200 ml of cultured kefir liquid

into a creamy mixture. Pour the mixture into popsicle moulds and freeze. You can also freeze any leftover kefir liquid in your ice cube trays and add them to your cocktails, lemonade... You will get some probiotic boost this way.

When you're ready to taste your cultured sorbet frozen treat, remove the sorbet popsicles from the moulds and enjoy this probiotic packed refreshment!

See more recipes [here](#).

Recipe by Vedrana Orlović, kefirolicious.com.

**Products used to prepare this recipe:**



## [Organic Water kefir grains](#)

[Buy on Kefirko.com](#)



## Kefir Fermenter

[Buy on Kefirko.com](http://Kefirko.com)



## **Veggie Fermenter**

[Buy on Kefirko.com](https://www.kefirko.com)

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