



Peach, Chamomile & Honey Popsicles

4 ripe yellow peaches
2 ripe white peaches
3 fresh chamomile flowers or 2 chamomile tea bags
1/4 cup honey
Juice of 1/2 small lemon
Pinch kosher salt

- 1.** Clean, halve, and pit 2/3 of peaches. Puree them—skin included—until the mixture is nearly smooth.
- 2.** Stir honey, lemon juice, salt, and 3 finely minced chamomile flowers (or 2 Tbsp of dried leaves from tea bags) into the pureed peaches. Coarsely chop remaining 1/3 of peaches and combine with puree. Add honey to taste. Make pops a tad sweeter than usual—they lose some sweetness after freezing.
- 3.** Pour into popsicle molds or 3-oz. Dixie cups. Add wooden popsicle sticks if needed; freeze. Makes 10 delicious pops.