

THINGS TO KEEP IN MIND

You can also use a plastic paleta (popsicle) mold to freeze your limber instead of plastic cups.

INGREDIENTS:

- 2 cups of fresh-squeezed lemon juice (about 8–10 lemons)
- 2 cups of sugar or sugar substitute
- 4 cups of water
- lemon zest (optional)



Limber de limón (lemon ice treat)

Directions

1. Blend all ingredients together in a blender.
2. Pour blended mixture into several 4 oz plastic cups. Place cups in the freezer until mixture has frozen.
3. Remove cups of limber from the freezer and serve. Serving tip: remove each frozen limber from its cup and put it back into the cup upside down. This makes the limber stick out of the cup so it's easier to eat.