



Blueberry-Raspberry-Mint Popsicles

makes about 10

- generous pinch sea salt
- 2/3 cup sugar
- 1 1/2 cups water
- 2 1/2 cups fresh blueberries, divided in half
- 2 1/2 cups fresh raspberries
- 1 tablespoon fresh lime juice
- 1 tablespoon fresh mint, finely minced

Place the raspberries, half the blueberries, water, sugar and salt in a heavy saucepan over medium heat and cook until well broken down, about 10-15 minutes. Cool slightly then puree in a blender or food processor. Pour through a fine mesh strainer, pressing firmly against the solids. (This step is optional but it strains out the seeds which really makes for a more pleasant experience.)

Place liquid back into saucepan with remaining blueberries. Cook over medium heat, using a wooden spoon to break up the whole blueberries. When you have a slightly chunky consistency, remove from heat and cool. Stir in mint and lime juice.

Pour mixture into your popsicle molds, snap on the lid and freeze for about an hour. When the popsicles are slightly firm, slip in the popsicle sticks. I find this helps position them correctly and prevents slippage. Freeze until solid, at least 5 hours, and preferably overnight.