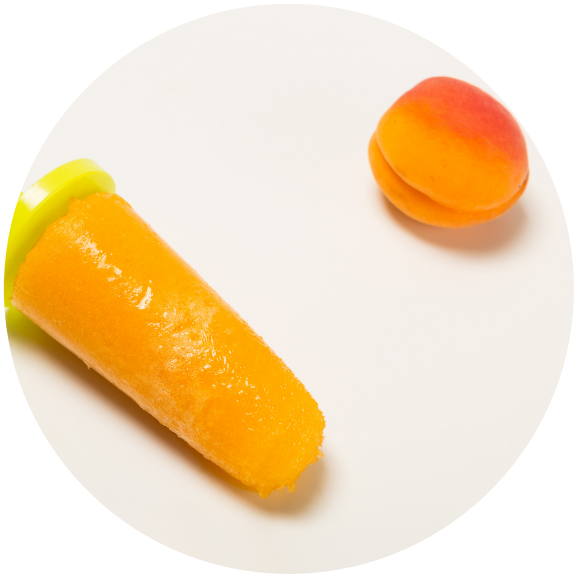

Apricot and chamomile tea ice pops

Ingredients (serves 2)

5 ripe apricots

100 ml chamomile tea

Orange zest (optional)

Method

1. Prepare chamomile tea and optionally, add some orange zest. Strain.

2. Peel the apricots and remove the seeds. Cut them into quarters.

3. Place them in a microwaveable container. Cover and cook for two minutes at maximum power until soft. Set aside to cool.

4. Blend the cooked fruit with the tea.

5. Pour the mixture into popsicle molds and freeze.

6. Unmold to get ice pops and eat immediately.