



# Kawakawa, Ginger & Lemon Popsicles

Easy 45 Mins Makes 14



**12 Fresh Kawakawa Leaves**  
**1 Large thumb of Ginger**  
**3 Large Lemons - zest and juice**  
**3½ cups Water**  
**½ cup Water set aside separately**  
**1½ cups Sugar**  
**1 tsp Gelatin Powder**  
**2 tsp Dried Kawakawa**

1. Place the 3½ cups of water in a saucepan along with the fresh kawakawa leaves, peeled and thinly sliced ginger, sugar and lemon juice. Bring up to a boil, leave at a constant boil for 5 minutes then turn the mixture off and allow to infuse for at least 30 minutes.
2. While the kawakawa syrup is infusing, place the ½ cup of water in a bowl and sprinkle the gelatin powder over top and allow to soften (known as blooming). This will take approximately 10 minutes.
3. Add the softened gelatin to the kawakawa syrup while it's still hot and whisk well.
4. When the kawakawa syrup has infused for 30 minutes, strain the leaves from the mixture using a sieve. Once the mixture is strained, add the lemon zest and dried kawakawa leaves and whisk well.
5. Pour mixture into your popsicle moulds, only fill them ¾ of the way as they will expand when they freeze.
6. Place popsicles in your freezer. They should be ready to eat in 3-4 hours depending on the size of your popsicle mould.

*Kawakawa leaves are also used to make an herbal tea to help with digestion, as an anti-inflammatory tonic, and as a mild intoxicant.*