



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Lemon Water Ice

Ingredients

Grated rind and juice of one lemon
2 oz sugar
2 tablespoons of honey
1 teaspoon of gelatine
½ pint of water

Method

Heat sugar and water together, allow to boil for five minutes.

Dissolve gelatine in a little hot water.

Mix lemon rind, juice and honey into the hot syrup, add gelatine, and stir well.

Cool, stirring occasionally, then freeze.

When beginning to set at the edges, whisk with a fork, pour into individual dishes and complete freezing.

