

TOP OF THE POPS

POPSICLE RECIPE BOOK 



FREEZER FOLLOWS FUN!



**ADD 16OZ.
OF WATER
TO THIS MIX
AND START
FREEZING!**

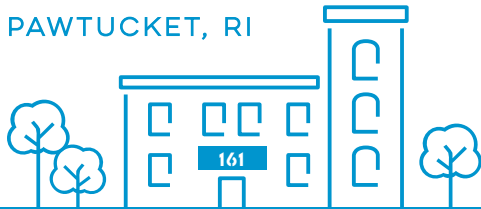
LET'S GET YOU STARTED

ENJOY!

**FROM THE MINDS
AT DELIN DESIGN:
CHAMPIONS OF
COOL CREATIVE.**



PAWTUCKET, RI



What's better than cooling down during the summer months with an icy treat? To kick-start the season, we're bringing some "chilled creativity" your way!

Using our 8-count freezer mold, this recipe book allows you to explore familiar and new popsicle creations. Share the activity with friends and family, and feel like a kid again. Show your final products with us online too—we'd love to see!

To get you started right away, you can use the attached "Truly Tropical Punch" mix from Stur Organic—just add water.

Create. Relax. Enjoy. And stay cool this summer!

DELIN

A QUICK GUIDE

Here's a few things to be aware of before you get started on these delectable recipes.

Our 8-count popsicle mold holds up to 16 oz. Keep this in mind if you'd like to create a recipe of your own.

Standard freeze time for this mold and the following recipes is 6 hours. We recommend freezing overnight if possible.

NOTE:

The recipes presented are intended for entertainment and/or informational purposes and for use by persons having appropriate technical skill, at their own discretion and risk.



HOURS

Total freeze time

HAND-WASH

Before use

ITEMS NEEDED



= BLENDER



= FOOD
PROCESSOR



= MIXER



= STRAINER

FROM THE MIXOLOGIST

Yum! The possibilities are endless. You just need to “Think Outside the Pop.” Here at Delin, we bring to the table the tasteful expertise that allows our ideas to flourish, our creativity to shine. The same can be said about the recipes in this book.

We all have the desire to create something—whether visual or culinary—so take this opportunity to channel that inner treat-lover and start making some of your own desserts. This book has some wonderful recipes from traditional to unconventional—but that’s just the start.

We would love to see what you come up with and post to our social channels—so get mixing and enjoy the summer season!



Look for the chef icon to identify some of Eric’s own creations!



ERIC DELIN
Founder + Principal (Head Chef)
Delin Design

SEE THE RECIPES!



STRAWBERRY BASIL



INGREDIENTS

- 2 tbsp sugar
- 30 basil leaves
- 1/2 cup lime zest
- 2 1/4 cup diced strawberries



INSTRUCTIONS

Bring 1/3 cup water, sugar, half of basil leaves, lime zest and strawberries to a boil – let cool.

Blend (pulse), leaving slightly chunky.

Chiffonade remaining basil and add to mixture.

Pour into popsicle mold and freeze.

Estimated calories per pop: 26

LEMON THYME



INGREDIENTS

3 tbsp sugar
Bunch of thyme (12 stalks)
10-12 meyer lemons



INSTRUCTIONS

To make thyme syrup, bring 1/2 cup water, sugar, thyme and lemons to a boil – let cool.

Combine syrup with juice from 10-12 meyer Lemon peel (“carrot peel” no pith) from 4 additional lemons, cubed pulp (no pith or pits) from the additional lemons.

Add water if required to yield 2 cups. Garnish with thyme leaves (optional).

Pour into popsicle mold and freeze.

Estimated calories per pop: 52

AVOCADO LIME



INGREDIENTS

- 1 avocado
- 1 banana
- 3/4 cup full fat coconut milk
(or whole milk)
- 1/4 cup maple syrup
- 1/4 cup lime juice
- 1 lime zested



INSTRUCTIONS

Mix banana, coconut cream, maple syrup, lime juice and lime zest into food processor until smooth. Scrape down sides.

Pour into popsicle mold and freeze.

Estimated calories per pop: 75

BLUEBERRY COCONUT



INGREDIENTS

- 1 1/2 cup full fat coconut milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup blueberries



INSTRUCTIONS

Mix coconut milk, maple syrup and vanilla in blender until smooth.

Add blueberries and pulse—do not completely blend.

Pour into popsicle mold and freeze.

Estimated calories per pop: 32

CUCUMBER MINT



INGREDIENTS

- 30oz. cucumber
(with skin on)
- 2 sprigs of fresh mint,
or 2 drops of peppermint oil
- 1 squeeze of fresh lime juice
- 3 tbsp honey



INSTRUCTIONS

- Mix cucumber in a blender or food processor. Strain pureed cucumber through a strainer.
- Mince 6-8 mint leaves and blend with strained cucumber “juice”.
- Add squeeze of lime juice & honey.
- Place a mint leaf in each popsicle mold if desired.
- Pour in popsicle mold and freeze.

Estimated calories per pop: 40

FUDGSICLE



INGREDIENTS

1 1/2 cup full fat coconut milk (or whole milk)

1/4 cup cream

2 tbsp cocoa

4 tbsp honey

1/4 tsp vanilla

1/4 tsp salt



INSTRUCTIONS

Mix coconut milk, cream, cocoa, honey, vanilla and salt in blender.

Pour in popsicle mold and freeze.

Estimated calories per pop: 48

MANGO CHIA



INGREDIENTS

14 oz. mango

1 cup coconut water

1 1/2 tbsp chia seeds



INSTRUCTIONS

Mix mango and coconut water in blender until smooth.

Stir in chia seeds and pulse—do not completely blend.

Pour into popsicle mold and freeze.

Estimated calories per pop: 45

ROOTBEER FLOAT



INGREDIENTS

1 can (12 oz.) root beer
1/4 cup whipping cream*
1 tbsp sugar*



INSTRUCTIONS

In a mixer, blend whipping cream while adding sugar until whipped cream forms.

Drop spoonfuls of whipping cream in popsicle mold and pour root beer on top until full.

Freeze.

*Note: pre-made whipped cream can be used

Estimated calories per pop: 40

STRAWBERRY SHORTCAKE



INGREDIENTS

1 cup strawberries
10-12 oz. vanilla yogurt
1/4 cup macadamia nuts,
chopped



INSTRUCTIONS

Mix strawberries in blender until smooth.

Layer yogurt into popsicle mold until 2/3 full.

Pour strawberry mixture into popsicle mold until full.

Freeze.

After frozen, roll in chopped macadamia nuts (optional).

Estimated calories per pop: 70

WATERMELON KIWI



INGREDIENTS

14 oz. chopped watermelon
4 small kiwis (peeled)
4 tsp sugar



INSTRUCTIONS

Mix watermelon in blender until smooth.

Pour watermelon in popsicle mold and freeze for 2 hours.

Mix the kiwi and sugar in blender until smooth.

Pour the kiwi mixture into popsicle mold until full.

Continue to freeze for another 4 hours.

Estimated calories per pop: 45

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FOLLOW US ONLINE AND POST YOUR CREATIONS!

@DELINDESIGN | #CHILLEDCREATIVITY



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