



Make your **tap**  
**water**  
even **more**  
**IRRESISTIBLE**  
*ice lollies*



EPAL

Grupo Águas de Portugal



# Index

Chocolate bonbons	7
Chunks of Sun	9
Tropical Strawberry	11
Spring Joy	13
Cool Summer Breeze	15
Caribbean Flavours	17
Caffe Latte	19
Red Fruit Symphony	21
Blackberry and Apple Sweetness	23
Porto Covo	25
Salgados Beach	27
Route to India	29
Rocha do Oeste Pear	31
South American Route	33
Mediterranean Carmine Pink	35
Oriental Summer	37
Madeiran Levada	39
Moorish Andalusia	41
Beautiful Lemon Thyme Flower	43
Latin Pinch	45





The latest edition of tap water recipes is truly amazing. After the book inspired by fresh Mexican waters, this version is entirely dedicated to tasty and refreshing ice lollies.

With summer upon us, it is crucial that we remember to stay hydrated.

The ice lolly ideas below are also a way of consuming tap water, ensuring that an everyday activity becomes a moment of creativity and fun, as well as being shared with family and friends.

These recipes are a great way to take advantage of leftover fruit from other recipes or to use riper fruit, helping to reduce food waste, one of the most important issues for a better future. As ice lollies are frozen, they also allow the fruit to be preserved for longer so we can have them whenever we feel like it.

The recipes we present here will make from four to six ice lollies depending on the ice lolly moulds used. Therefore, the quantities given here are merely indicative, so you can adjust the recipes to the moulds you have at home.

It is also a good idea to taste each combination before freezing it, so you can adjust the recipe to your taste to assess the level of sweetness as the low temperature reduces the sensitivity of the taste buds, and it is natural that after being frozen, ice lollies seem less sweet.

Although most of the recipes require a liquidiser, if you do not have one, you can always use a hand blender instead.

As ice lollies are supposed to be sweet, there are some options using condensed milk, but most of these recipes are made with honey, which is a natural sweetener and, in itself, a superfood. But you can always use other alternatives such as coconut sugar, agave jam or rice jelly or even coconut flower jelly, maple syrup or stevia.

And because in life there are rules that are made to be broken, we chose to give a smoother and creamier touch to our ice lollies. So, you will find recipes where yogurt has this primordial function. If you have a lactose-free or vegan diet, you can use lactose-free yogurts or vegetables, respectively. There are also vegetable alternatives to gelatine, and you can look for agar-agar in your local supermarket.

**Join us and make this inspiring cookbook  
your best friend this summer!**



# 1

## Bombom de Chocolate

Chocolate bonbons

### Ingredients:

- 2 cups of banana slices
- ½ cup of tap water
- 2 heaped soup spoons of powdered chocolate
- 1 dessert spoon of honey
- Drops of vanilla essence to taste

### Preparation:

Put the banana slices, tap water, powdered chocolate, honey and vanilla essence in a liquidiser and blend together. Pour the preparation into the moulds.

Wait until frozen and serve.

## Pedaços de Sol

Chunks of Sun

# 2

### Ingredients:

- 1 small passion fruit
- 1 cup of creamy plain yoghurt
- 1 ½ cups of pineapple cut into small pieces (remove the core)
- ¼ cup of tap water
- 2 dessert spoons of honey

### Preparation:

Mix the pulp of the passion fruit with half of the yogurt and one dessert spoon of honey. Pour into the moulds and let it freeze.

Then, prepare the pineapple pulp by adding small pieces to tap water, and the remaining yogurt and honey. Put in a liquidiser and blend together. Pour into the moulds on top of the previous preparation.

Wait until frozen and serve.





# 3

## Morangada Tropical

### Tropical Strawberry

#### Ingredients:

- 1 ½ cups of sliced strawberries
- ¼ cup of tap water
- ⅔ cup of creamy coconut milk (for cooking)
- 2 dessert spoons of honey
- Chocolate sprinkles to taste

#### Preparation:

Crush the strawberries with a fork and add the tap water and one dessert spoon of honey. Mix well and put it in the moulds, only partially filling each one and then let them freeze.

Mix the coconut milk, the other dessert spoon of honey and the chocolate sprinkles and pour over the strawberries.

Wait until frozen and serve.



# 4

## Alegria de Primavera

Spring Joy

### Ingredients:

- 1 ½ cups of banana slices
- ⅓ cup of orange juice
- 1 creamy coconut yogurt
- 3 soup spoons of tap water
- 1 soup spoon of honey
- Orange zest to taste

### Preparation:

Crush the banana with a fork and add the orange juice and tap water. Add the coconut yogurt, honey and orange zest and mix well. Wait a few minutes for the orange zest to release its flavour. Pour the mixture into the moulds and let it freeze before serving.





# 5

## Cool Summer Breeze

Cool Summer Breeze

### Ingredients:

- 1 ½ cups of chopped cantaloupe melon
- 1 ½ cups of chopped kiwi
- 3 soup spoons of tap water
- 1 dessert spoon of honey

### Preparation:

Put the chopped melon and kiwi in a liquidiser together with the honey and tap water. Blend well and pour the preparation into the moulds. Wait until frozen and serve.







## Caribbean Flavours

Caribbean Flavours

### Ingredients:

- 1 ½ cups of chopped papaya
- 1 creamy plain yoghurt
- ¼ cups of condensed milk
- ¼ cup of tap water
- Drops of lemon juice to taste

### Preparation:

Put the chopped papaya, yogurt, condensed milk, tap water and lemon juice in a liquidiser and mix well.

Pour the preparation into the moulds.

Allow it to freeze and serve.





# 7

## Meia de Leite

Caffe latte

### Ingredients:

- ½ cup of strong coffee made with tap water and chilled
- ⅔ cup of creamy plain yoghurt
- ⅔ cup of condensed milk

### Preparation:

Put all the ingredients in a liquidiser and mix well.  
Pour the preparation into the moulds.  
Allow it to freeze and serve.



# 8

## Sinfonia de Frutos Vermelhos

Red Fruit Symphony



### Ingredients:

- 1 cup of red fruits
- $\frac{2}{3}$  cup of tap water
- $\frac{2}{3}$  cup of creamy plain yoghurt
- 2 neutral gelatine sheets
- 2 soup spoons of honey
- 2 cinnamon sticks

### Preparation:

Put the red fruits in a pot, add the tap water, honey and cinnamon sticks and let it boil for a few minutes, stirring constantly. Remove from the heat and discard the cinnamon sticks.

Place the gelatine in a little tap water and then pour it into the previous preparation while it is still hot, making sure that you have removed the cinnamon sticks. Return to the heat and stir for a few more seconds until the gelatine is completely melted. Remove from the heat again and let it cool.

Once cold, put this red fruit syrup and the plain yoghurt in a liquidiser. Blend very well and fill the ice lolly moulds.

Wait until frozen and serve.



# 9

## Doçura de Amora e Maçã

Blackberry and Apple Sweetness

### Ingredients:

- ½ cup of blackberries + 6 blackberries for decoration
- ½ cup of chopped green apple
- ¼ cup of tap water
- 1 cup of creamy plain yoghurt
- 2 soup spoons of honey
- Drops of lemon juice to taste

### Preparation:

Put the blackberries, chopped apple, tap water and one soup spoon of honey in a liquidiser and blend well. Pour the preparation into the moulds, half filling them, and let it freeze.

Then, mix the yoghurt with the remaining soup spoon of honey and the drops of lemon juice and pour it into the moulds, on top of the previous preparation. Cut the 6 blackberries in half and carefully insert them into the yoghurt half for decoration

Wait until frozen and serve.





# 10

## Porto Covo

Porto Covo

### Ingredients:

- 1 cup of chopped peaches
- 1 cup of creamy plain yoghurt
- ¼ cup of tap water
- Drops of lemon juice to taste

### Preparation:

Chop the peaches and put them with the tap water, plain yogurt and drops of lemon juice in a liquidiser and blend well. Pour the preparation into the moulds. Wait until frozen and serve.



# 11

## Praia dos Salgados

Salgados Beach

### Ingredients:

- 2 small, chopped avocados
- ½ cup of tap water
- Juice of 1 lemon
- Pinch of salt

### Preparation:

Put the chopped avocado, tap water, lemon juice and pinch of salt in a liquidiser and blend well. Pour the preparation into the moulds. Wait until frozen and serve.



# 12

## Caminho das Índias

Route to India



### Ingredients:

- 1 chopped mango
- $\frac{1}{3}$  tin of coconut milk
- 3 cm of ginger root
- 2 soup spoons of tap water

### Preparation:

Cut the mango into pieces. Remove the husk from the ginger and chop it. Put the chopped mango, chopped ginger, coconut milk and tap water in a liquidiser and mix all the ingredients together. Pour the preparation into the moulds. Wait until frozen and serve. You can use more ginger if you want to give this ice lolly a more intense flavour.

# Rocha do Oeste

Rocha do Oeste Pear

# 13

**Ingredients:**

- 2 ripe pears
- 1 cup of banana slices
- $\frac{2}{3}$  cup of tap water
- 4 soup spoons of condensed milk
- 2 mint tea bags
- 1 dessert spoon of honey
- 1 dessert spoon of lemon juice

**Preparation:**

Peel the pears and cut them into small pieces. Put them in a container, drizzle with the lemon juice and set them aside in the fridge.

Put the pear skins in a pot with  $\frac{2}{3}$  cup of tap water and the honey and let it boil for a few minutes. Strain the liquid and drop the two mint tea bags in to release their flavour and let it cool.

In a liquidiser, mix the chilled pear infusion, the chopped pears that you set aside, the banana and the condensed milk. Mix everything very well and pour the preparation into the moulds. Wait until frozen and serve.



# 14

## Rota da América do Sul

South American Route

### Ingredients:

- 2 cups of chopped pineapple (remove the core)
- 1 creamy plain yoghurt
- 4 soup spoons of tap water
- 2 soup spoons of honey
- 1 teaspoon of ground cinnamon

### Preparation:

Put the chopped pineapple in a pan, add the honey and the ground cinnamon and let it boil for a few minutes, stirring constantly until it caramelises slightly. Remove from the heat and let it cool.

Once cold, pour the preparation made above in a liquidiser, add the yogurt and tap water. Blend very well and then fill the ice lolly moulds. Wait until frozen and serve.





# 15

## Rosa Carmim do Mediterrâneo

Mediterranean Carmine Pink

### Ingredients:

- 1 ½ cups of chopped strawberries
- 1 ½ cups of raspberries
- 2 soup spoons of creamy plain yoghurt
- 2 soup spoons of tap water
- 1 soup spoon of honey

### Preparation:

Put the chopped strawberries, raspberries, yoghurt, tap water and honey in a liquidiser and mix together. Pour the preparation into the moulds. Wait until frozen and serve



## Verão Oriental

Oriental Summer

# 16

### Ingredients:

- 1 ½ cups of ripe plums
- 1 ½ cups of banana slices
- 3 soup spoons of tap water
- 1 dessert spoon of honey

### Preparation:

Put the fruit and other ingredients in a liquidiser and blend well. Pour the preparation into the moulds. Wait until frozen and serve.



# 17

## Levada da Madeira

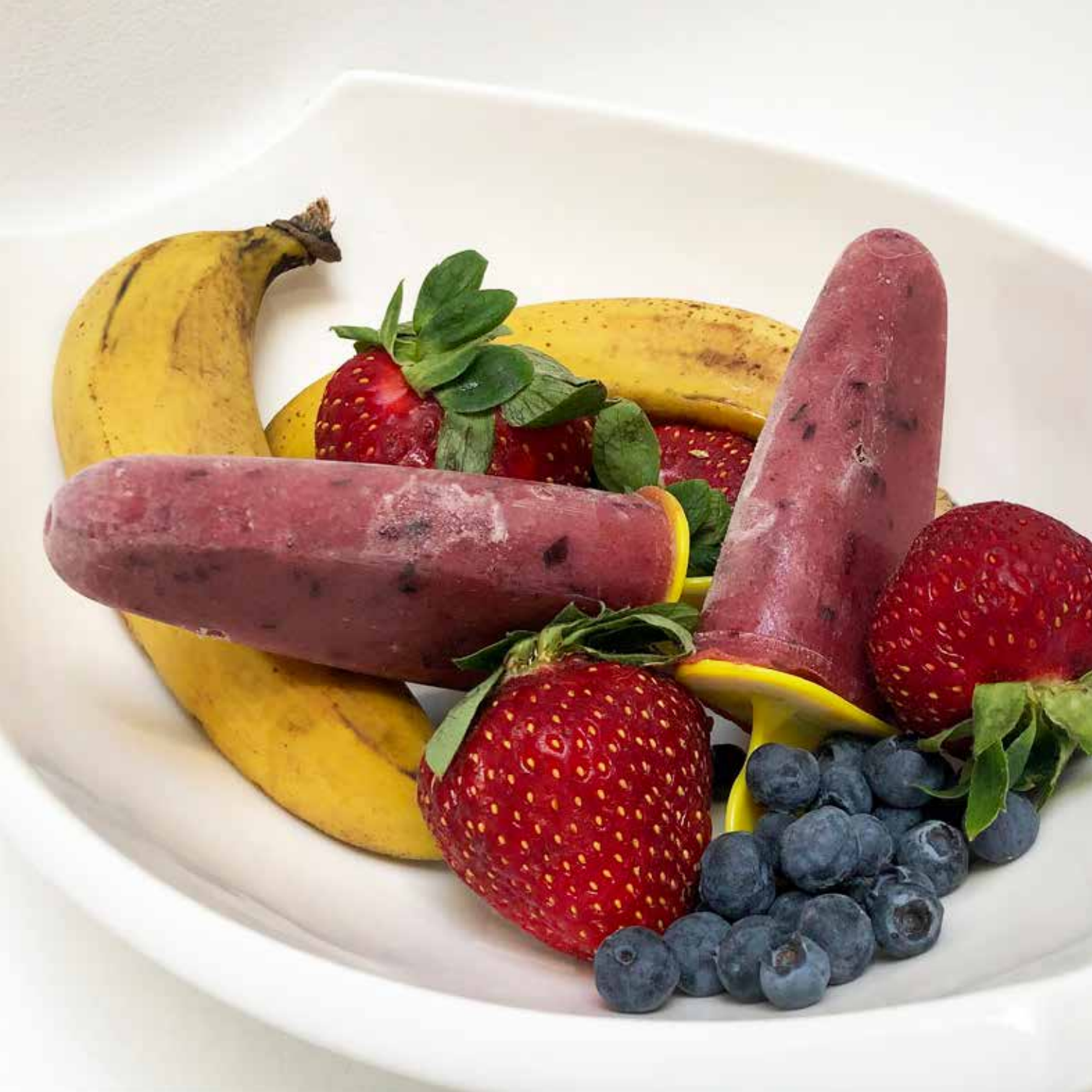
Madeiran Levada

### Ingredients:

- 4 well-ripened Madeira bananas
- 1 cup of chopped strawberries
- $\frac{1}{3}$  cup of blueberries
- 2 soup spoons of tap water

### Preparation:

Put all the ingredients into a liquidiser and mix. Pour the preparation into the moulds. Wait until frozen and serve.





# 18

## Andaluzia Mourisca

Moorish Andalusia

### Ingredients:

- 5 small Pingo de Mel (drop of honey) figs in syrup
- 1 soup spoon of the fig syrup
- 1 cup of creamy yoghurt
- ¼ cup of tap water

### Preparation:

Put three chopped figs, the spoonful of syrup, the yogurt and the tap water in a liquidiser and blend well. Then cut the remaining two figs into slices and put them into the moulds, then add the preparation.

Wait until frozen and serve.

# 19

## Linda Flor de Tomilho-Limão

Beautiful Lemon Thyme Flower



### Ingredients:

- ½ cup of plain Greek yogurt
- ½ cup of condensed milk
- ½ lemon (juice and zest)
- 2 limes (juice and zest)
- 2 soup spoons of tap water
- Lemon Thyme to taste

### Preparation:

Put the yogurt and the condensed milk in a bowl and beat with a whisk. Add the citrus fruit juice and zest as well as the tap water and whisk again. Finally, sprinkle with a little lemon thyme, beat with a whisk once more and pour the mixture into the moulds. Wait until frozen and serve.



## Pitada Latina

Latin Pinch

# 20

### Ingredients:

- $\frac{2}{3}$  cup of red fruit
- $\frac{2}{3}$  cup of chopped ripe kiwi
- $\frac{2}{3}$  cup of chopped mango
- 7 soup spoons of tap water
- 3 dessert spoons of honey

### Preparation:

This recipe is made in stages, allowing the preparations to freeze at each step. First, add three soup spoons of tap water and a dessert spoon of honey to the red berries and blend in a liquidiser. Pour the mixture evenly over the moulds and let it freeze.

Then, crush the kiwi with a fork and add two soup spoons of tap water and a dessert spoon of honey, then pour it over the previous preparation. Let it freeze.

Finally, repeat with the chopped mango, adding two soup spoons of tap water and a dessert spoon of honey and pour over the kiwi mixture. Let it freeze and serve.





drink  
tap  
water