



This refreshing, easy recipe is a great opportunity for your autistic child to practice fine motor skills like chopping and mixing!



INGREDIENTS:

- 1/2 cup fresh lemon juice
- 1/2 cup sugar
- 3 cups water
- Fruits of choice (optional)

Lemonade Popsicles

HOW TO MAKE:

1. Add 1/2 cup of water and 1/2 cup of sugar to a small saucepan over low heat. Stir until the sugar has dissolved. Be sure not to let the mixture boil. Set aside to cool.
2. Assist your kiddo in juicing enough lemons to produce 1/2 cup of fresh juice, or 3/4 cup if you'd like a sourer popsicle.
3. Once the sugar mixture is cool, add it to a large bowl along with the remaining cups of water and fresh lemon juice. Stir everything together.
4. Take your popsicle mold and fill it with lemonade using a ladle. If adding fruit, add your chopped fruit of choice before filling the molds to avoid spilling.
5. Seal your popsicle molds and place them in the freezer for at least 8 hours before unmolding to enjoy!