



Paletas: Authentic Recipes for Mexican Ice Pops, Shaved Ice & Aguas Frescas

Fany Gerson

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From the pure, radiant flavors of classic Blackberry and Spicy Pineapple to unexpectedly enchanting combinations such as Sour Cream, Cherry and Tequila, or Strawberry-Horchata, *Paletas* is an engaging and delicious guide to Mexico's traditional—and some not-so-traditional—frozen treats.

Collected and developed by celebrated pastry chef Fany Gerson, this sweet little cookbook showcases her favorite recipes for *paletas*, those flavor-packed ice pops made from an enormous variety of fruits, nuts, flowers, and even spices; plus shaved ice (*raspados*) and aguas frescas—the delightful Mexican drinks featuring whole fruit and exotic ingredients like tamarind and hibiscus flowers.

Whether you're drawn to a simple burst of fresh fruit—as in the Coconut, Watermelon, or Cantaloupe pops—or prefer adventurous flavors like Mezcal-Orange, Mexican Chocolate, Hibiscus-Raspberry, or Lime Pie, *Paletas* is an inviting, refreshing guide guaranteed to help you beat the heat.

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