

*you need:*  
Two stalks of lemongrass, bruised  
1 cup of water  
1 heaped tablespoon of sugar  
Ice lolly moulds  
Lemon balm leaves (optional)

## lemon balm soother

*to do:*

Bring the lemongrass, sugar and water to the boil and simmer for five minutes. Cool. Pour into moulds and add a lemon balm leaf to each mould for decoration.  
A soothing and exotic chiller!

