

Bee's Knees Ice Pops (Alcoholic)

*Jill Wendholt Silva - The Kansas City Star
Palm Beach Post*

Servings: 6

2 tablespoons honey
4 tablespoons whiskey
2 cups ginger beer
6 popsicle molds or disposable plastic cups (3 oz ea.)
6 popsicle sticks

Copyright: Laura Fyfe, London, England - "Poptails"

Put the honey and whiskey into a bowl and, using a small whisk, mix together until well combined. Gradually whisk in the ginger beer, making sure that everything is thoroughly blended.

Pour into the ice pop molds or disposable cups.

Place the molds in the freezer. Let set for two hours. Give each popsicle a good stir. Freeze for another two hours.

Top with popsicle holders or insert popsicle sticks into the cups. Allow to freeze until completely solid (about two more hours).

Try dipping the molds in hot water to help get just enough melt to loosen the ice pop.

Per Serving (excluding unknown items): 43 Calories; 0g Fat (0.0% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	43	Vitamin B6 (mg):	trace
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.6%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	trace
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	21
Cholesterol (mg):	0mg	% Refused:	0.0%

Carbohydrate (g): 6g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): trace
 Potassium (mg): 4mg
 Calcium (mg): trace
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 43 Calories from Fat: 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	6g	2%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.