

# Bloody Mary Popsicles

BakersRoyale  
www.EndlessSimmer.com

1 1/2 pounds tomatoes (about six  
2-1/2-inch diameter in size)  
1 stalk celery  
juice of 1/2 lemon  
4 tablespoons Worcestershire sauce  
2 tablespoons Dijon mustard  
1/4 teaspoon chili powder  
1/4 teaspoon fresh cracked pepper  
pinch salt  
1/2 cup vodka

In a food processor or blender, place the tomatoes, celery, lemon juice, Worcestershire, mustard, chili powder, pepper and salt. Process until everything is puree'd. Pass the mixture through a medium strainer. Return the strained mixture to the food processor.

Add the vodka and process for another 20 to 30 seconds to blend well. Pour the mixture into a popsicles mold.

Freeze for about two hours or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert the popsicle sticks and finish freezing the popsicles overnight.

To release the popsicles, run hot water on the outside of the popsicle molds for 2 to 3 seconds.

*For complete ease of mixing, skip the fresh tomatoes for some tomato juice and adjust the flavor accordingly. Whatever you use for the body, don't forget the chili powder.*

*We guarantee you that this chili powder infused Bloody Mary on a stick will be a summer addiction to remember.*

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Per Serving (excluding unknown items): 336 Calories; 1g Fat (15.9% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1006mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	336	Vitamin B6 (mg):	.1mg
% Calories from Fat:	15.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	69.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	14mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
			0mg

**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 3g  
**Sodium (mg):** 1006mg  
**Potassium (mg):** 650mg  
**Calcium (mg):** 107mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 111mg  
**Vitamin A (i.u.):** 336IU  
**Vitamin A (r.e.):** 47 1/2RE

**Caffeine (mg):**  
**Alcohol (kcal):** 257  
**% Refuse:** n n%

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### Food Exchanges

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 336 Calories from Fat: 53

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### % Daily Values\*

<b>Total Fat</b>	1g		2%
	Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	1006mg		42%
<b>Total Carbohydrates</b>	15g		5%
	Dietary Fiber	2g	7%
<b>Protein</b>	3g		
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<b>Vitamin A</b>			7%
<b>Vitamin C</b>			185%
<b>Calcium</b>			11%
<b>Iron</b>			25%

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