

Bourbon Peaches and Cream Popsicles

BakersRoyale
www.EndlessSimmer.com

Yield: 18 - 22 popsicles

1 cup ripe peaches, crushed
1/4 cup bourbon
1/2 cup simple syrup, cooled
2 cups plain yogurt
SIMPLE SYRUP
1/4 cup water
1/4 cup sugar

To make the simple syrup: Place the water and sugar in a saucepan over medium heat. Heat and stir until the sugar dissolves.

Peel and slice the peaches. Use a potato masher to crush the peaches. Combine the crushed peaches and bourbon in a bowl. Mix to combine.

Add the simple syrup in slowly. Taste to preference. Add the yogurt to the bourbon and peach mixture and combine.

Score the top edge of a Dixie cup with scissors for easy peeling. Pour the bourbon mixture into Dixie cups.

Freeze for two hours or until the mixture starts to solidify enough to hold a popsicle stick upright. Continue to freeze until the mixture is completely frozen, about five to six hours.

Peel off the Dixie cups and serve.

Use the simple syrup sparingly. Taste the mixture as you mix to make sure it's to your liking. Use more for a sweeter tasting popsicle and less for a popsicle that will have a stronger bourbon flavor.

If you do not have ripe peaches on hand, use canned peaches in light syrup (make sure to drain before use). If you use canned peaches, bypass the simple syrup.

To shave some time, use vanilla yogurt instead of plain yogurt to skip the simple syrup portion. Keep in mind this version will be much sweeter as vanilla flavored yogurt is sweetened. If you are using this in combination with canned peaches, rinse the peaches and add 2-3 tablespoons

Per Serving (excluding unknown items): 762 Calories; 16g Fat (22.5% calories from fat); 17g Protein; 106g Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 233mg Sodium. Exchanges: 2 Non-Fat Milk; 3 Fat; 7 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	762	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	22.5%
% Calories from Carbohydrates:	66.8%
% Calories from Protein:	10.7%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	62mg
Carbohydrate (g):	106g
Dietary Fiber (g):	0g
Protein (g):	17g
Sodium (mg):	233mg
Potassium (mg):	760mg
Calcium (mg):	595mg
Iron (mg):	trace
Zinc (mg):	3mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	603IU
Vitamin A (r.e.):	181 1/2RE

Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	36mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	139
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	2
Fat:	3
Other Carbohydrates:	7

Nutrition Facts

Amount Per Serving

Calories	762	Calories from Fat:	172
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% Daily Values*

Total Fat	16g	24%
Saturated Fat	10g	51%
Cholesterol	62mg	21%
Sodium	233mg	10%
Total Carbohydrates	106g	35%
Dietary Fiber	0g	0%
Protein	17g	
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Vitamin A		12%
Vitamin C		4%
Calcium		60%
Iron		2%

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