

Cherry Apple Whiskey Sour Poptail

BakersRoyale
www.EndlessSimmer.cot

Yield: 8 2-1/4 ounce poptails

3 cups (one pound) cherries
1 large (6 ounce) green apple
1 (3-1/2 ounce) lime
1 cup whiskey
1/2 cup homemade sweet and sour mix
HOMEMADE SWEET AND SOUR MIX
1/2 cup water
1/2 cup sugar
1 cup lemon juice

To make the sweet and sour mix: Place the sugar and water in a saucepan. Heat until the sugar dissolves. Add the lemon juice. Stir to combine. Set aside to cool before using.

Pit the cherries. Set aside. Peel away the apple and lime skins. Cut the fruit into quarters.

Place the cherries, apple, lime, whiskey and sweet and sour mix into a blender or food processor. Process until the mixture is puree'd (The mixture will be thick).

Pour the mixture into popsicle forms and 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 molds for 2 to 3 seconds.

Per Serving (excluding unknown items): 1260 Calories; 2g Fat (2.5% calories from fat); 6g Protein; 197g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 8 Fruit; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1260	Vitamin B6 (mg):	.6mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.5%	Thiamin B1 (mg):	.3mg

