

English Summer Cup Ice Pops (Alcoholic)

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

Servings: 6

*1/4 cup superfine sugar
4 tablespoons Pimm's gin-based
liquor
1 cup ginger beer (or lemonade)
1/4 cup sliced strawberries
1/4 cup sliced apples
18 small mint leaves
6 popsicle molds or disposable plastic
cups (3 oz ea.)
6 popsicle sticks*

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

Place the sugar and one-half cup of water in a saucepan and slowly bring to a boil, allowing the sugar to dissolve. Let simmer gently for 5 minutes, then remove from the heat.

Add the Pimm's and ginger beer or lemonade. Let cool completely.

Divide the strawberries, apple slices and mint leaves among the ice pop molds or disposable cups. Pour the Pimm's mixture over the fruit.

Top with popsicle holders or insert popsicle sticks into the cups. Allow to freeze for six hours until completely solid.

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

Per Serving (excluding unknown items): 6 Calories; trace Fat (5.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6	Vitamin B6 (mg):	trace
% Calories from Fat:	5.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 1mg
 Potassium (mg): 30mg
 Calcium (mg): 7mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 126IU
 Vitamin A (r.e.): 12 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 6 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	2%
Protein	trace	

Vitamin A	3%
Vitamin C	8%
Calcium	1%
Iron	2%

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