

# Sex on the Beach Poptail

*BakersRoyale*  
*www.EndlessSimmer.com*

## **Yield: 10 popsicles**

*12 ounces (half of 1 large) pineapple*

*3 ounces (about 13) raspberries*

*4 ounces vodka*

*2 ounces Pama Pomegranate liqueur*

Place the pineapple and vodka in a food processor or blender. Process until puree'd and well blended. Set aside.

Place the raspberries and liqueur in the food processor. Process until puree'd and well blended.

Pour one-half ounce of the pineapple mixture into each popsicle well. Pour one ounce of the raspberry mixture on top of it. Fill the remainder of the popsicle wells with pineapple mixture. Use the narrow handle of a spoon or fork to gently drag the raspberry mixture through the pineapple mixture and against the sides of the mold for a soft swirling effect.

Place foil on top of the popsicle mold. Cut a tiny hole in the center of each well. Stick a popsicle stick through the hole.

Freeze for at least six hours or until frozen solid.

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

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Per Serving (excluding unknown items): 3040 Calories; 24g Fat (7.0% calories from fat); 22g Protein; 702g Carbohydrate; 68g Dietary Fiber; 0mg Cholesterol; 58mg Sodium. Exchanges: 45 1/2 Fruit.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3040	<b>Vitamin B6 (mg):</b>	4.9mg
<b>% Calories from Fat:</b>	7.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	90.2%	<b>Thiamin B1 (mg):</b>	5.2mg
<b>% Calories from Protein:</b>	2.8%	<b>Riboflavin B2 (mg):</b>	1.9mg
<b>Total Fat (g):</b>	24g	<b>Folacin (mcg):</b>	602mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	24mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	8g	<b>Alcohol (kcal):</b>	262
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	702g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	68g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	22g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	58mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	6414mg	<b>Fruit:</b>	45 1/2
<b>Calcium (mg):</b>	398mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	21mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	4mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	874mg		
<b>Vitamin A (i.u.):</b>	1310IU		
<b>Vitamin A (r.e.):</b>	114RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 3040	Calories from Fat: 213
<b>% Daily Values*</b>	
<b>Total Fat</b> 24g	37%
Saturated Fat 2g	9%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 58mg	2%
<b>Total Carbohydrates</b> 702g	234%
Dietary Fiber 68g	273%
<b>Protein</b> 22g	
<b>Vitamin A</b>	26%
<b>Vitamin C</b>	1456%
<b>Calcium</b>	40%
<b>Iron</b>	117%

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