## Fourth of July Cocktail Cooler Poptails

BakersRoyale www.EndlessSimmer.cot

1 cup vodka
3 tablespoons triple sec
2 tablespoons lime juice
1 cup sweetened blueberry puree'
1/2 cup club soda
1 cup POM juice
1 cup pear juice
SWEETENED BLUEBERRY
PUREE'
1 cup (4-3/4 ounces) blueberries
1/4 cup water
1/4 cup sugar
PEAR JUICE
2 cups (3 large- 21 ounces) pears, chopped

To make the blueberry puree': In a saucepan over medium heat, place the blueberries, water and sugar. Stir every 2 minutes until the blueberries dissolve. Set aside to cool.

To make the pear juice: Place the chopped pear in a food processor or blender. Process until the pear is juiced. (The juice will be slightly pulpy. Do not strain.)

Place the vodka, triple sec and lime juice in a shaker. Shake for about 10 seconds or until well combined. Set aside.

Place the blueberry mixture and club soda in a glass and stir to mix. Add in one-third of the alcohol mixture. Stir to combine. Pour the mixture into the popsicle mold. Freeze for one hour or until the blueberry layer freezes enough so that the next layer does not mix.

Place the POM juice and one-third of the alcohol mixture in a glass and stir to combine. Pour the mixture into the popsicle mold atop the blueberry layer. Freeze for one hour or until the POM layer freezes enough so that the next layer does not mix. Insert the popsicle stick into the mixture.

Place the pear juice and the remaining one-third of the alcohol mixture into a glass. Stir to combine. Pour the mixture into the mold atop the POM layer. Freeze until the popsicle is frozen solid.

To remove the popsicle from the mold, run warm water on the outside of thje mold for 3 to 5 seconds. Gently pull the popsicles to release them.

Per Serving (excluding unknown items): 1270 Calories; 2g Fat (2.5% calories from fat); 2g Protein; 169g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 6 1/2 Fruit; 3 1/2 Other Carbohydrates.

## Day Camina Mutritional Analysis

Calories (kcal):	1270	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	39mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	672 0.0%
Cholesterol (mg):	0mg		
Carbohydrate (g):	169g	Food Exchanges	
Dietary Fiber (g):	12g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	64mg	Vegetable:	0
Potassium (mg):	860mg	Fruit:	6 1/2
Calcium (mg):	67mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	0
Zinc (mg):	1mg	Other Carbohydrates:	3 1/2
Vitamin C (mg):	44mg	•	
Vitamin A (i.u.):	217IU		
Vitamin A (r.e.):	21 1/2RE		

## Nutrition Facts

Amount Per Serving			
Calories 1270	Calories from Fat: 31		
	% Daily Values*		
Total Fat 2g Saturated Fat 1g Cholesterol 0mg Sodium 64mg Total Carbohydrates 169g Dietary Fiber 12g Protein 2g	3% 4% 0% 3% 56% 48%		
Vitamin A Vitamin C Calcium Iron	4% 73% 7% 11%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.