

Mai Tai Pops

Krystina Castella

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Servings: 12

2 tablespoons light rum

2 tablespoons dark rum

3 tablespoons orange curacao

2 1/2 cups fresh orange juice

1 1/4 cups sour mix (lemon and lime juices with simple syrup)

1/4 cup almond syrup

2 limes, unpeeled, cut into thin rounds

1/4 cup sliced almonds

12 fresh mint leaves

12 popsicle molds or plastic cups (3 oz ea)

12 popsicle sticks

In a pitcher, combine the light and dark rums, curacao, orange juice, sour mix, lime juice, and almond syrup.

Reserve one lime slice for each pop. Peel the remaining slices.

Distribute the almonds, peeled lime slices and mint leaves evenly among the pop molds.

Pour the juice mixture into the molds.

Freeze for at least 12 hours.

Remove from the freezer.

Let stand at room temperature for 5 minutes before removing the pops from the molds.

Stick a reserved lime slice onto each stick for garnish.

Place a mint leave onto the lime slices as garnish.

Per Serving (excluding unknown items): 55 Calories; 2g Fat (31.7% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.