

# Peach Mojito Ice pops

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Palm Beach Post

## Servings: 6

2 peaches  
5 shot glasses white rum (such as Bacardi Superior White Rum)  
10 to 12 mint leaves  
1 lime  
1/2 cup simple syrup (see recipe under Beverages/ Alcoholic)  
1/2 lemon-lime soda or club soda

Slice the peaches into bite-size pieces and place in a bowl. Pour the rum over the peaches and store them, covered, in the refrigerator overnight. (If you're in a rush, you can let the peaches infuse for less time.)

Make your simple syrup and add a sprig of mint to it as it cools to flavor the syrup.

Place one slice of peach, one thin slice of lime and one mint leaf into each ice pop mold.

In a blender, combine the remaining peaches and rum, the simple syrup, the soda and the juice of the remaining lime. Blend. Taste the mixture and adjust to your liking.

Pour the puree' into the ice pop molds. Freeze the pops for a minimum of ten hours.

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Per Serving (excluding unknown items): 18 Calories; trace Fat (2.0% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	18	Vitamin B6 (mg):	trace
% Calories from Fat:	2.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 1mg  
**Potassium (mg):** 83mg  
**Calcium (mg):** 9mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 243IU  
**Vitamin A (r.e.):** 24 1/2RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 18 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		5%
<b>Vitamin C</b>		9%
<b>Calcium</b>		1%
<b>Iron</b>		2%

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