

# Midwest Living

July 2015

Midwest Living / Food

## Boozy Bomb Pops



- Makes: 10 to 12 servings
- Yield: 10 to 12 ice pops
- Hands On 45 mins
- Total Time 9 hrs

How to improve on a childhood classic? First, use real fruit. Second, spike those stripes. In her Boozy Bomb Pops, Hildie Haviland of the Detroit Pop Shop (a fixture at metro-area farmers markets) layers tangy yogurt with vanilla vodka-laced strawberry and blueberry purees. The lids on some molds don't allow for making stripes, so we used wooden sticks held in place with clothespins.

## Ingredients

- 1 cup sugar
- 2 cups strawberries
- 2 cups blueberries
- 4 tablespoons vanilla-flavor vodka or [vanilla](#) cream liqueur (optional)
- 2 teaspoons lemon juice, divided
- 2/3 cup vanilla-flavor yogurt
- 1 teaspoon vanilla

## Directions

1. In a small saucepan, bring 1 cup water and the [sugar](#) to boiling, stirring until mixture is clear and surface is covered with bubbles. Let syrup cool completely. Meanwhile, if spiking pops, place berries in separate bowls and drizzle each with 2 tablespoons vodka.
2. For red layer: Puree strawberries (and vodka, if using) in a food processor or blender. Transfer to a small pitcher; stir in 1/2 cup of the chilled syrup and 1 teaspoon [lemon juice](#). Pour into ten to twelve 3- to 4-ounce pop molds or paper cups to fill molds one-third. (You may have excess mixture.) Do not put in sticks. Freeze 3 to 4 hours or until firm.
3. For white layer: Stir together yogurt and vanilla in a small pitcher. Pour over frozen red layer to fill molds about two-thirds. Insert sticks; hold in place with clothespins laid across the rim. Freeze for 3 to 4 hours or until firm.
4. For blue layer: Follow Step 2 using blueberries. Pour into molds, leaving 1/4 inch at top for expansion. Freeze 3 to 4 hours or until firm.
5. Take mold out of freezer and place in a room temperature bath that comes all the way to the top lid. Hold there for 5 to 10 seconds. Remove lid and pull the popsicles straight up to release from the mold.

## Tip

- If frozen pop molds are unavailable, use 3-ounce wax-lined paper cups instead. Pour the strawberry layer into each cup, about 1/3 of the way up. Freeze 2 to 3 hours or until frozen. Pour the second layer (white layer) about 2/3 of the way up. Cover each cup with a piece of foil. Using a small sharp knife, make a slit in each piece of foil. Insert wooden pop sticks into slits. Freeze 2 to 3 hours until frozen. Remove foil and carefully pour in blueberry layer to fill cups. Cover with foil and freeze 2 to 3 hours or until frozen.

## Nutrition Facts

(Boozy Bomb Pops)

Servings Per Recipe 10, vit. A (IU) 25, Potassium (mg) 100, pro. (g) 1, sodium (mg) 11, sugar (g) 20, fiber (g) 1, calcium (mg) 31, Trans fatty acid (g) 0, Pyridoxine (Vit. B6) (mg) 0, Niacin (mg) 0, Polyunsaturated fat (g) 0, Monounsaturated fat (g) 0, Cobalamin (Vit. B12) (µg) 0, cal. (kcal) 91, carb. (g) 22, Folate (µg) 10, Fat, total (g) 0, vit. C (mg) 20, sat. fat (g) 0, chol. (mg) 1, Riboflavin (mg) 0, Thiamin (mg) 0, iron (mg) 0