

Blueberry Ginger Mojitos

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*1 cup fresh or frozen blueberries,
thawed*
1/2 cup lime juice
10 to 15 mint leaves
2 cups vodka
1 cup ginger simple syrup
1 cup club soda
lime slices (for garnish)
blueberries (for garnish)
GINGER SIMPLE SYRUP
*1/4 cup fresh ginger, peeled and
grated*
1 cup sugar
1 cup cold water

To make the ginger simple syrup: In a small saucepan, combine the ginger, sugar and water. Bring to a boil and stir until the sugar is dissolved. Reduce the heat to low and cover the pan. Simmer, covered, for about 15 minutes. Strain. Cool in the refrigerator.

Place the blueberries, lime juice and mint leaves in the bottom of a large pitcher. Use a wooden spoon or cocktail muddler to crush the blueberries and mint into the lime juice.

Add the vodka, ginger syrup and club soda. Stir gently to mix together.

Fill glasses with ice. Sprinkle some blueberries on top. Pour the mixed cocktail over the blueberries. Garnish with lime wedges and extra fresh mint.

Per Serving (excluding unknown items): 1856 Calories; trace Fat (0.3% calories from fat); 1g Protein; 215g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 13 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1856	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	23mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
		Caffeine (mg):	0mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 215g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 70mg
Potassium (mg): 306mg
Calcium (mg): 54mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 418IU
Vitamin A (r.e.): 41 1/2RE

Alcohol (kcal): 1027
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 1856 Calories from Fat: 6

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrates	215g	72%
Dietary Fiber	2g	6%
Protein	1g	
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Vitamin A		8%
Vitamin C		64%
Calcium		5%
Iron		10%

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