

Port Sparkler

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*5 blueberries
3/4 ounce ruby port
4 ounces cold Prosecco (or
other sparkling dry wine)
blueberries (for garnish)*

In a small bowl, muddle the blueberries with the Port. Strain into a flute.

Slowly top with the prosecco.

Garnish with a few whole blueberries.

Per Serving (excluding unknown items): 406 Calories; 3g Fat (5.5% calories from fat); 5g Protein; 102g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 6 1/2 Fruit.