

Beverage

Blackberry Limeade

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Servings: 8

6 cups water, divided

3 cups fresh blackberries

1 cup sugar

2/3 cup (4 limes) fresh lime juice

8 thin lime slices

fresh blackberries (optional)

In a blender, place one cup of water and the blackberries. Process until smooth.

Press the blackberry puree through a sieve into a large pitcher. Discard the seeds.

Add the remaining five cups of water, sugar and lime juice to the pitcher. Stir until the sugar dissolves.

Place one lime slice and a few blackberries, if desired, into each glass.

Pour about one cup of limeade over each serving.

Per Serving (excluding unknown items): 102 Calories; trace Fat (0.2% calories from fat); trace Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Fruit; 1 1/2 Other Carbohydrates.