
Blackberry Shakes

Bobby Flay

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1 pint blackberries
2 tablespoons cane sugar
1 pint vanilla ice cream
12 ounces pomegranate juice
1 cup milk

Reserve eight blackberries for garnish.

In a saucepan over high heat, cook the remaining blackberries with the cane sugar until the berries are just starting to break down. Transfer the blackberries to a bowl.

Place the bowl of berries into a second bowl filled with ice water to chill.

In a blender, blend the cooled berries, ice cream, pomegranate juice and milk until thick and creamy.

Pour the mixture into tall glasses.

Top with the reserved berries.

Per Serving (excluding unknown items): 1024 Calories; 39g Fat (32.5% calories from fat); 21g Protein; 159g Carbohydrate; 15g Dietary Fiber; 149mg Cholesterol; 372mg Sodium. Exchanges: 5 1/2 Fruit; 1 Non-Fat Milk; 7 1/2 Fat; 4 Other Carbohydrates.