

# Blackberry and Basil Spritzer

**2 cups** lemon sparkling water

**2 cups** ice cubes (6-7 large cubes)

**2 cups** blackberries

**2 tablespoons** honey

½ lime, juiced

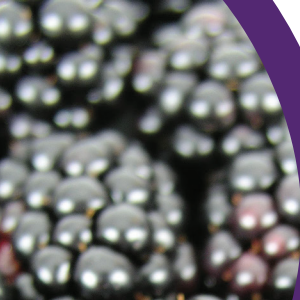
**3** basil leaves

**Put** all ingredients, except basil, in a blender and **blend** on high speed until completely combined. **Strain** mixture through sieve to separate blackberry seeds. **Pour** in 3 glasses, **add** 1 basil leaf to each drink and **serve** with lime wedge.

**Serves:** 3, 16 oz. servings

## **Nutritional Analysis:**

90 calories, 0 g fat, 0 g saturated fat,  
0 mg cholesterol, 30 mg sodium,  
22 g carbohydrate, 5 g fiber,  
15 g sugar, 1 g protein



# Kentucky Blackberries

**SEASON:** June to September

**NUTRITION FACTS:** A one-half cup serving of raw berries contains 35 calories, has zero fat, and is a good source of potassium, vitamin C, and fiber.

**SELECTION:** Look for plump fruit that is uniform in color and appears fresh. Berries should be free of stems or leaves. Avoid fruit that is moldy, crushed, bruised, or contains extra moisture.

**STORAGE:** Store unwashed and covered berries in the refrigerator. Use within two days.

**PREPARATION:** Handle all berries gently. Wash berries by covering them with water and gently lifting the berries out. Remove any stems and drain on a single layer of paper towels. Blackberries are delicious cooked, which intensifies the flavor, or eaten fresh as a snack or in a salad.

**PRESERVING:** Berries may be preserved by canning or freezing, or made into jellies or jam. For more information, contact your local County Extension Office.

## BLACKBERRIES

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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