

The Art of Cuisine



Blackberry Limeade

This summer cooler is great to bring along on a picnic or to serve at a backyard party. Pour over ice, if desired.

Yield: 8 servings

Ingredients

- 6 cups water, divided
- 3 cups fresh blackberries
- 1 cup sugar
- 2/3 cup fresh lime juice (about 4 limes)
- 8 thin lime slices
- Fresh blackberries (optional)

Preparation

Place 1 cup water and 3 cups blackberries in a blender; process until smooth. Press blackberry puree through a sieve into a large pitcher; discard seeds. Add remaining 5 cups water, sugar, and juice to pitcher; stir until sugar dissolves. Place 1 lime slice and a few blackberries, if desired, into each of 8 glasses; pour about 1 cup limeade over each serving.

Nutritional Information

Calories: 125 (2% from fat)
Fat: 0.3g (sat 0.0g, mono 0.0g, poly 0.2g)
Protein: 0.8g
Carbohydrate: 31.9g
Fiber: 0.7g
Cholesterol: 0.0mg
Iron: 0.4mg
Sodium: 5mg
Calcium: 22mg

www.CookingLight.com

www.TheArtofCuisine.com

Email: artofcuisine1@yahoo.com

(916) 934-9230

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