

Blackberry & Lime Faux-jito



Muddled blackberries bring their beautiful color to this refreshing tart & fruity beverage inspired by the Cuban mojito cocktail. Berries are full of natural sweetness plus antioxidants, vitamin C, and fiber.

YIELD 4 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

2 each	Limes, juiced
3 Tbsp	Honey
12 leaves	Mint, fresh
1 cup	Blackberries
2 cups (16 oz)	Seltzer Water, plain, unsweetened
As Needed	Ice

CHEF'S NOTES

Berries pair well with an assortment of herbs. Other berry and herb combinations to try:

- Blueberries & Thyme
- Strawberries & Basil
- Raspberries & Lemon Balm

Mix and match to find your favorite flavor combination!

This drink can be customized to your sweetness preference. Like a tarter drink? Decrease the honey to 2 Tablespoons. Making your own fruit-based drinks is a great way to cut down on sugary beverages.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a measuring cup or pitcher, combine the lime juice, honey, mint leaves, and blackberries. Using a wooden spoon, muddle ingredients together, working to break down the blackberries into smaller pieces.
3. Divide the blackberry mixture evenly into four (8 oz or larger) glasses. Add 4 ounces of seltzer water to each glass and gently stir to mix. Top glasses with ice as desired and serve.

Nutrition Facts

4 servings per container

Serving Size 6 oz (187 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.24mg 0%

Potassium 77mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

