

# Blackberry Lemonade



## Ingredients:

- 3 cups fresh blackberries (or thawed, unsweetened frozen blackberries)
- 7 cups cold water divided into 3 and 4 cups
- 6 packets sweetener (may add more or less depending on sweetness of blackberries)
- 1 tub (approximately ½ oz) sugar free pink lemonade mix
- 9 sprigs fresh mint

## Directions:

1. Place blackberries, 3 cups of water, sweetener, and drink mix in blender. Cover and process until smooth.
2. Pour half of fruit mixture through a fine wire-mesh strainer into a 2-quart pitcher. Use a large spoon to help force juice through strainer. Discard solids in strainer and rinse out. Strain remaining fruit mixture.
3. Add 4 cups of water to blackberry lemonade in pitcher. Stir well.
4. Serve over ice and garnish each glass with a fresh mint sprig.

## Nutritional Information:

Calories .....	23
Total Fat.....	<1 g
Saturated Fat .....	0 g
Cholesterol .....	0 mg
Total Carbohydrate....	4 g
Dietary Fiber .....	1 g
Protein .....	<1 g
Sodium .....	1 mg
<b>Serving Size</b> .....	1 cup
<b>Recipes Yields</b> .....	9 servings

Prep time: 10 minutes

Adjusted from:

[www.diabetesselfmanagement.com/recipes/beverages/blackberry-lemonade/](http://www.diabetesselfmanagement.com/recipes/beverages/blackberry-lemonade/)

[hoag.org/healthyrecipes](http://hoag.org/healthyrecipes)