

Beverage

Blackberry Sweet Tea

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Preparation Time: 25 minutes

Start to Finish Time: 2 hours 30 minutes

3 cups fresh or frozen blackberries, thawed

1 1/4 cups sugar

1 tablespoon fresh mint, chopped

pinch baking soda

4 cups boiling water

2 family-size tea bags

2 1/2 cups cold water

fresh blackberries for garnish

In a large container, combine the blackberries and sugar. Crush with a wooden spoon.

Stir in the mint and baking soda.

In a separate container, pour the boiling water over the tea bags.

Cover and steep for 5 minutes.

Discard the tea bags.

Pour the tea over the blackberry mixture. Let stand at room temperature for 1 hour.

Pour the tea through a wire-mesh strainer into a large pitcher and discard the solids.

Add the cold water to the pitcher, stirring until the sugar dissolves.

Cover and chill for 1 hour.

Serve over ice.

Garnish with blackberries, if desired.

Yield: 7 cups

Per Serving (excluding unknown items): 981 Calories; trace Fat (0.0% calories from fat); 1g Protein; 253g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 0 Vegetable; 17 Other Carbohydrates.