

## Beverage

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# Blueberry Thrill

Cooking Light Magazine

**Servings: 8**

**Preparation Time: 11 minutes**

**Start to Finish Time: 1 hour 11 minutes**

**2 cups blueberries**

**1 1/2 cups dry gin**

**3/4 cup water**

**1/2 cup sugar**

**3 cardamon pods**

**crushed ice**

**1/2 cup fresh lemon juice**

**additional blueberries (optional)**

Place the blueberries in a large, heavy stainless-steel saucepan; mash with a fork or potato masher. Place over medium-high heat and cook for 3 minutes or until berries begin to release juice.

Remove from heat; add the gin. Cover and let stand for at least 1 hour or overnight.

Strain mixture through a sieve into a bowl, pressing berries with the back of a spoon to remove as much juice as possible; discard the solids.

Combine the water, sugar and cardamon pods in a small saucepan; bring to a boil. Cook 2 minutes or until sugar dissolves. Cool completely; discard the cardamon pods.

To serve, add the ice to a cocktail shaker to cover halfway up the sides of the container. Add 1/4 cup of the blueberry gin, 1 1/2 tablespoons of the cardamon syrup and one tablespoon of the lemon juice; shake until chilled.

Strain cocktail into a chilled martini glass. Garnish with additional blueberries, if desired. Serve immediately.

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Per Serving (excluding unknown items): 72 Calories; trace Fat (1.6% calories from fat); trace Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.