

Beverage

Chrissy's Summer Sangria

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Palm Beach Post

The orange notes in the triple sec pair nicely with the berries in this sangria.

- 1 bag (min. 16 oz) frozen mixed berries, lightly thawed**
- 1/2 cup fresh basil, minced**
- 1/4 cup sugar**
- 4 ounces triple sec (or blackberry brandy)**
- 1 1/2 liter bottle rose wine (or white zinfandel or chablis)**

In a large cooler or vat, mix the berries, basil, sugar and triple sec.

When all ingredients have melded, add the wine.

Serve immediately or chill.

Per Serving (excluding unknown items): 199 Calories; trace Fat (0.5% calories from fat); 1g Protein; 51g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 3 1/2 Other Carbohydrates.