



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

HOMEMADE BLACKBERRY SODA

Ice
¼ cup blackberry syrup (recipe follows)

1 cup seltzer water, chilled
Fresh blackberry for garnish (optional)

1. Fill glass with ice.
2. Pour in syrup and top with seltzer water; stir gently until uniform in color.
3. Garnish with fresh blackberry.
Make one 8-ounce serving

BLACKBERRY SYRUP

1 package (12 ounces) frozen blackberries, thawed
1 cup sugar

¼ cup water
Grated zest and juice of 1 lime

1. In medium saucepan over medium heat, combine berries, sugar, water and lime zest and juice; cook for about 5 minutes or until berries begin to soften.
2. Carefully mash berries with potato masher or a fork until sugar is completely dissolved and berries have broken down. Remove mixture from heat.
3. Strain syrup through fine mesh strainer into medium bowl, pressing on berries with spatula to release all the syrup.
4. Let syrup cool completely. Transfer syrup to jar or bottle. Syrup can be stored in refrigerator up to 2 weeks.
Makes about 1 ½ cups.

