

SWEET, SOUR, & SPICY BLACKBERRY LIMEADE



recipe

Preparation Time: 10 minutes

Yield: Serves 4

I'm breakin' all the rules on this one—blackberries, limes and cayenne pepper? How often do you see those ingredients together? This drink MIGHT convince you to put them together more regularly. It can help stave off colds, since blackberries and limes are rich in vitamin C. Plus the cayenne pepper has antioxidant properties that help preserve and detoxify blood. Serve in slender, clear glasses.

INGREDIENTS

5 cups filtered water
1/2 cup organic raw cane sugar
3/4 cup freshly-squeezed lime juice
(about 4 limes)
1/8 teaspoon cayenne pepper
a little over 1/2 pound (10 oz) of frozen blackberries

- In a large saucepan on high heat make a simple syrup by heating 1 cup of water, adding the raw sugar, and stirring well until completely dissolved. Add the rest of the water, the lime juice, and the cayenne pepper. Stir well. Add the blackberries, pour into a pitcher, and refrigerate until cool.