



Blackberry Smash Mocktail

2 servings

10 minutes

Ingredients

1 cup Blackberries
2 tbsps Water
2 tbsps Maple Syrup
2 tsps Lime Juice
1/4 cup Mint Leaves (plus extra for garnish)
10 Ice Cubes
1 cup Sparkling Water

Nutrition

Amount per serving	
Calories	86
Fat	0g
Carbs	21g
Fiber	4g
Sugar	16g
Protein	1g
Selenium	0µg

Directions

- 1 In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
- 2 Divide the ice cubes evenly between glasses.
- 3 Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to three days.

Less Texture: Strain the blackberry mixture before pouring.

More Flavor: Use a flavored sparkling water.