

Blackberries



Technically, the blackberry is a *drupelet*, or a cluster of fruits, like a bunch of grapes, and the seed inside each drupelet contributes to the berry's nutrient value. Studies show blackberries have one of the highest antioxidant contents per serving of any food tested. Anthocyanin, a powerful phytonutrient that gives blackberries their glossy, dark color, has been shown to protect the brain from oxidative stress and may even reduce the effects of age-related conditions such as Alzheimer's disease and dementia. Blackberries have also been shown to have beneficial health effects in the fight against cancers of the GI tract, like colon cancer.

Blackberry Ginger Mint “Mock”-tail

Makes 1 drink

Ingredients

2 sprigs fresh mint leaves 1 tablespoon peeled and minced fresh ginger
5 fresh blackberries 1 teaspoon sugar (optional)
6 ounces sparkling water or club soda
5 ice cubes or frozen blackberries to serve

Directions

1. If the berries are not yet sweet or too tart, drizzle the fresh berries with the sugar and let it set for about 15-20 minutes.
2. In a tall glass, muddle the mint, ginger, and fresh blackberries until well combined. Top with the water or soda.
3. Add frozen blackberries or ice cubes to keep the drink cool. Garnish the glass with a sugar rim and fresh mint, if desired.