



## 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
Cholesterol	0mg
Sodium	5mg
Vitamin A	293IU
Vitamin C	18mg
Calcium	51mg
Iron	1mg
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.