Blackberry Potion

Servings: 6

1 1/2 cups blackberries
2 large sprigs rosemary
1 lemon, peel only
1 tablespoon black peppercorns
2 quarts filtered water

1. Combine all ingredients in a 4-quart saucepan. Bring to a simmer.

2. Simmer for 30 minutes uncovered, Turn off the heat, press berries with a wooden spoon to release juices. Cover the pan, and steep for 3 hours.

3. Strain the mixture through a fine-mesh strainer with lined with cheesecloth or a coffee filter into a clean glass jar. Cover and chill thoroughly before using.

4. Fill a glass with ice cubes. Pour in the potion to fill the glass 2/3 full. Fill the remaining 1/3 of the glass with sparkling water and serve.

Per Serving (excluding unknown items): 22 Calories; trace Fat (8.9% calories from fat); 1g Protein; 5g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 20mg Calcium; trace Iron; 92mg Potassium; 12mg Phosphorus. Exchanges: .