5 A Day Recipes

Beverages

Loganberry Refresher

Serves 6

- ½ cup sugar
- 7 cups loganberries
- ½ cup lemon juice
- ½ cup water
- 2 cups orange juice
- 1½ cups cold water

Combine sugar and water in a small saucepan, cook over medium high until sugar dissolves, stirring constantly; remove from heat and chill. Mash berries, then press through a strainer to remove seeds (optional). Combine berries with orange juice, lemon juice, and add sugar syrup. Chill until very cold. Before serving, add cold water.

Nutritional Analysis

Calories: 198
Fat: 1 g
Cholesterol: 0 mg
Fiber: 6 g
Sodium: 7 mg
% Calories from Fat: 3%

This is an official 5 A Day recipe, and provides six people with one serving of fruit each.

Recipe provided by Hurst's Berry Farm.