Raspberry Syrup with Mint and Basil

This recipe is part of the Feast for the Eyes® collection

- 1 pound fresh or frozen raspberries, rinsed
- 2 cups water
- 1/4 cup sugar
- 1 teaspoon each of chopped fresh mint and basil

Combine the raspberries, water, sugar, mint and basil in a saucepan and bring to a simmer, stirring to dissolve the sugar. Simmer until it is reduced by half, about 20 to 25 minutes. Strain into a container and let it cool before sealing. Refrigerated, the syrup should last several weeks.
Nutritional Profile (per 1/4-cup serving)
Makes 1 cup

Calories: 107
Total fat: 1 g
Saturated fat: 0 g
Protein: 1 g
Carbohydrates: 26 g
Fiber: 7 g
Sugars: 17 g
Cholesterol: 0 mg
Sodium: 5 mg
Vitamin A: 1.5 IU
Vitamin C: 30 mg
Vitamin E: 1.5 IU
Zinc: 0.5 mg
Beta-carotene: 20.6 mcg
Lutein and zeaxanthin: 167 mcg
Omega-3 fatty acids: 0 g
Raspberry Syrup Shopping List

- 1 pound fresh or frozen raspberries
- Sugar
- Fresh mint
- Fresh basil