

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