BLACKBERRIES

EAT THEM NOW

Blackberry chocolate chunk ice cream

MAKES 4 1/2 CUPS | 30 MINUTES, PLUS 4 HOURS TO FREEZE

Use this shortcut method to make just about any ice cream flavor you want.

1 1/2 pts. blackberries (about 9 oz.)
1/4 cup sugar
1 1/2 qts. vanilla ice cream, softened
1/2 cup roughly chopped dark chocolate

1. **Mash** berries with a fork in a microwave-safe bowl. Stir in sugar. Microwave, stirring every 20 seconds, until sugar has dissolved, 1 minute. Let cool completely.
2. **Beat** ice cream in a stand mixer with the paddle attachment just until smooth, about 30 seconds.
3. **Scoop** ice cream into a freezer-safe straight-sided container, alternating with blackberry mixture and chocolate.
4. **Fold** ice cream to form a swirl, pulling up from the sides and bottom. Press plastic wrap onto surface; cover. Freeze until firm.

PER 1/2-CUP SERVING 268 CAL., 43% (115 CAL.) FROM FAT; 4 G PROTEIN; 13 G FAT (6 G SAT.); 35 G CARBO (2.7 G FIBER); 71 MG SODIUM; 39 MG CHOL.

EAT THEM LATER

Blackberry syrup

MAKES 6 HALF-PT. JARS | 1 3/4 HOURS, PLUS TIME TO COOL

Drizzle the syrup over pancakes, yogurt, or ice cream.

3 lbs. blackberries
2 1/2 cups sugar
1 tbsp. lemon zest
1/4 cup lemon juice

1. **Read** *Sunset* canning instructions*; prepare 6 half-pt. canning jars and lids.
2. **Put** berries, sugar, lemon zest and juice, and 3/4 cup water into a wide pot. Cook over low heat, stirring occasionally, until fruit releases juices, about 30 minutes.
3. **Smash** berries with a potato masher. Cook until juices have thickened, stirring occasionally, about 45 minutes more.
4. **Strain** syrup into a 2-qt. glass measuring cup. Press fruit with a ladle to push remaining juice into cup. Discard seeds and pulp.
5. **Pour** strained syrup into jars, leaving 1/2 in. of headspace. Following *Sunset* canning instructions, process 10 minutes.

*Go to *sunset.com/canning*

PER 1/4 CUP 442 CAL., 1% (4.4 CAL.) FROM FAT; 0.8 G PROTEIN; 0.3 G FAT; 26 G CARBO (0.3 G FIBER); 1.1 MG SODIUM; 0 MG CHOL. **>90**