THE LIGHTER PLATE METHOD

Blackberry & Apple Frozen Slush

A grown-up slushie, all deep berry and sharp apple.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 250 g frozen blackberries
- 250 ml cloudy apple juice (well chilled)
- 1 lime
- 150 g ice
- few fresh mint leaves

Method

1. Put the apple juice and the juice of the lime into the blender.
2. Add the frozen blackberries and ice.
3. Blitz in short bursts, scraping down between them, until you have a coarse slush rather than a smooth drink.
4. Spoon into two glasses and top with mint.

Tips & swaps

- Pulse rather than blend continuously; the texture should be spoonable and crystalline. Cloudy apple juice has far more flavour here than clear.

Storage & reheating

Best eaten immediately, before it melts.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**1g**	**27g**	**0g**	**4g**

Estimated values, for guidance only.