

Pickled Blackberries

Ingredients:

- 3 cups white balsamic vinegar
- 2 whole cloves
- 2 cinnamon sticks
- 1 gallon fresh blackberries
- 2 cups honey

Directions:

1. Combine first 3 ingredients in a Dutch oven and bring to a boil. Cover, reduce heat, and simmer for 10 minutes. Remove from heat and let stand 5 minutes. Add berries and chill for 8 hours.
2. Drain berries in a colander over a bowl, reserving the liquid. Discard spices and divide berries among 12 half-pint jars.
3. Bring vinegar mixture and honey to a boil in a sauce pan.
4. Divide hot vinegar mixture among jars, filling 1/4 inch from top. Cover with metal lids and cool to room temperature. Refrigerate up to 2 weeks.

Nutrition Facts	
Serving Size 1/2 cup (117g)	
Servings Per Container 32	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 1g	
Vitamin A 4%	• Vitamin C 25%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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