

Pickled Blackberries

Big Batch Ingredients:

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

Small Batch Ingredients:

- 1 cup and 1 tablespoon white balsamic vinegar
- 1 clove, whole
- 1 cinnamon stick
- 3 pints blackberries, fresh
- 3/4 cup honey

Directions

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

