

Gin & Tonic with Berries Recipe

Servings: 2

Ingredients:

- 6 blueberries
- 6 raspberries
- 6 blackberries
- 2 oz gin (your choice)
- 3 oz tonic water
- Lemon or lime juice, freshly squeezed
- Ice

Instructions:

1. On a cutting board, chop the berries until they are almost a puree.
2. Fill two glasses with ice and divide the mashed berries evenly between them.
3. Pour 1 oz gin into each glass, followed by 1.5 oz of tonic water.
4. Squeeze some fresh lemon or lime juice on top.
5. Stir the mixture gently and enjoy!

Nutritional Breakdown (Per Serving)

- **Calories:** 110 kcal
- **Protein:** 0.5 g
- **Carbohydrates:** 12 g
- **Sugars:** 9 g
- **Fat:** 0 g
- **Fiber:** 2 g
- **Alcohol Content:** Approximately 10g per serving

Note: Nutritional values may vary slightly based on the type of gin and tonic water used.