



Batido de Moras

Description

Blackberries are fantastic for sweets, jam or smoothies. They are a wild fruit and it grows almost everywhere in the Andes mountains. You can cook them or just eat as they are.

Batido de Moras or Blackberry Smoothie (English version below)

Ingredientes:

- 500 gramos de moras
- 1 taza de agua hirviendo
- 1 1/2 taza de leche
- 1/4 de taza de crema de leche o nata
- Hielo picado
- 3 cucharadas de azúcar
- Crema batida y salsas para decorar

Preparación

1. Lavar y quitarle el cabito a las moras (hojas), colocarlas en un colador y rociarlas con el agua hirviendo.
2. Dejarlas enfriar y ponerlas en la licuadora con la leche, crema de leche y el hielo picado
3. Por ultimo licuar hasta que todos los ingredientes estén bien mezclados.
4. Servir en copas o vasos con crema batida para decorar y dulce de moras, salsa de fresas o chocolate.

Blackberry Smoothie (English version)

Ingredients

- 500 grams of blackberries
- 1 cup of boiled water
- 1 1/2 cup milk
- 1/4 cup of double cream
- crushed ice
- 3 tbsp sugar
- Wiped cream and sauces to decorate

Preparation

1. Wash and remove the leaves to the blackberries, put them in a colander and pour over them the hot water.
2. Let them cool and put in a blender with the milk, double cream and crushed ice.
3. Finally blend them until all ingredients are well mix.
4. Serve in glasses or cocktail glasses and decorate with wiped cream and blackberry jam, strawberry or chocolate sauce.