

# IT'S POP NOT SODA!

From the Kitchen of: Brandon Johnson, Chef, Make Food Not Waste

**Cook Time:** 15 minutes | **Yield:** 2 ½ cups of syrup, to be added to carbonated water to taste

"Have you ever found yourself with leftover berries that you just can't finish? Instead of letting them go to waste, why not turn them into something delicious – like pop? That's right, I said pop! Being a Detroit boy, I prefer pop over soda any day," says Chef Brandon Johnson.

"During the summer, there's a mulberry tree located on the side of my home. I never knew what they were, so I just assumed they were poisonous. My oh-so-curious niece decided one day that she was going to try them. Mind you, she was only four at the time. In a panic, I quickly used my doctorate from Google University, only to find out that they're completely harmless! In fact, they're really good for you.



"So, we started bonding over mulberries, eating them together whenever we could. Besides mulberries, there's nothing we bond over more than a good old cold pop. I just know a cold pop hates to see us coming! Looking for a healthier alternative to standard pop – and not wanting my sister to kill me for loading my niece up on pop that's filled with dyes and excessive amounts of sugar – led to the creation of mulberry soda. It's a recipe that my niece and I absolutely adore, making our summers just a little more sweet together."

## INSTRUCTIONS:

- Into a small, heavy-bottom saucepan, add the mulberries, sugar, and water. Stir and heat the mixture on high until it comes to a boil.
- Once the mixture boils, reduce the heat to medium-high. Carefully use a wooden spoon to mash and stir in the berries, cooking for 8-10 minutes or until the syrup is bright in color and thick like syrup. Add the lemon juice to the mixture.
- Strain the syrup through a fine mesh sieve into a bowl. Save the leftover berries from the straining process to use as a delicious topping on ice cream or overnight oats.
- To serve, take some chilled carbonated water and add the syrup to your taste. Stir the mixture and enjoy!
- The most important rule! IT'S POP NOT SODA!

## INGREDIENTS:

- 2 cups mulberries
- 2 cups sugar
- 1 1/2 cups water
- 1 1/2 teaspoon lemon juice
- 8 ounces carbonated water

## DID YOU KNOW?

Mulberries have a short shelf life. They ripen quickly on the tree and spoil even faster once harvested, typically lasting only 2-3 days.

This rapid spoilage contributes to natural food waste!