



Fresh Chilean Blueberry and Lemon Sorbet

INGREDIENTS

3 cups fresh blueberries
1/2 cup water
2 Tbsp. honey
1 tsp. lemon zest
2 Tbsp. fresh lemon juice
1/8 tsp. salt

INSTRUCTIONS

Place all ingredients in a blender or food processor, process until smooth. Place berry mixture in a freezer-safe container and freeze until hard, about 1 hour. Let stand 10 minutes before serving.

SERVES 6

NUTRIENTS PER SERVING

64 calories, 51 mg sodium, 2 gms dietary fiber



Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com