

Glenda's Blueberry Sorbet



Ingredients

- 3 cups fresh or frozen blueberries, thawed
- 1/2 cup water
- 2 tablespoons honey
- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon salt

Instructions

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

Makes 5 servings. Serving size = 1/2 cup. Per serving:

77 calories, 0 grams fat, 20 grams carbohydrate, 1 gram protein, 2 grams fiber, 0 mg. cholesterol, 60 mg. sodium

g; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.