

Blueberry-Lemon 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**

Preparation

1. 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 about 10 minutes before serving.

- **Yield: 5 servings (serving size: 1/2 cup)**

Nutritional Information

Calories per serving: 77

Fat per serving: 0.0g

Saturated fat per serving: 0.0g

Monounsaturated fat per serving: 0.0g

Polyunsaturated fat per serving: 0.0g

Protein per serving: 1g

Carbohydrate per serving: 20g

Fiber per serving: 2g

Cholesterol per serving: 0.0mg

Iron per serving: 0.0mg

Sodium per serving: 60mg

Calcium per serving: 7mg

<http://www.health.com/health/recipe/0,,10000001208194,00.html>