



Blueberry Brain Freeze

 Gluten-free, vegetarian

A delicious treat that makes use of frozen local berries!

Ingredients:

- 3 cups frozen blueberries
- 2 tablespoons lemon juice
- 1 cup yogurt (optional)
- 2 tablespoons of honey
- ½ cup water
- 1/3 teaspoon of salt

1. Place all ingredients in a blender and process until smooth.
2. Pour berry mixture into a freezer safe container and place in freezer until hard, about 1 hour.
3. Let stand about 10 minutes, then scoop like ice cream to serve.