

# Blueberry Sorbet

Prep: 10 min  
Cook: 5 min  
Serves: 4

## Ingredients:

- ½ cup granulated sugar
- ½ cup water
- 1 teaspoon vanilla extract
- 3 cups frozen blueberries
- Fresh blueberries, for garnish

## Directions:

1. Heat the sugar and water in a small saucepan over medium heat just until the sugar is completely dissolved. Remove from heat and mix in vanilla. Add to a food processor or blender.
2. Add the frozen blueberries to the sugar mixture in blender and process until completely smooth.
3. Transfer to a freezer-safe container and freeze for at least 1 hour or until frozen.
4. Serve with fresh blueberries.



### Nutrition Information

Serving size: 172g      4 servings      Calories: 160

Amount per Serving	% Daily Value	
Total Fat	0.5g	1%
Saturated Fat	0g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	0mg	
Total Carbohydrate	39g	14%
Dietary Fiber	3g	11%
Total Sugars	35g	
Added Sugars	25g	50%
Protein	0g	
Vitamin D	0mcg	
Calcium	11mg	0%
Iron	0mg	
Potassium	65mg	2%