

# ✧ 🌸 Blueberry Sorbet 🌸 ✧





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# What you need?

**PREP TIME: 15 MINS**

**COOK TIME: 15 MINS**

**TOTAL TIME: 30 MINS**

**2 CUPS FROZEN BLUEBERRIES**

**1/3 CUP FULL-FAT GREEK YOGURT**

**3 TABLESPOON MAPLE SYRUP (OR HONEY)**

**1 TABLESPOON LEMON JUICE**

**1/4 TEASPOON SALT**

[BY JYOTHI RAJESH- READ HER RECIPE HERE.](#)

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# What to do?

**PICK AND DISCARD ANY BAD BERRIES. IF YOUR FREEZING STRAWBERRIES. CHERRIES NEEDS TO BE PITTED. ANY OTHER BERRIES CAN BE FROZEN AS IT IS.**

**WASH AND DRY IT COMPLETELY OVER KITCHEN TOWEL.**

**PLACE THE BERRIES ON A TRAY IN SINGLE LAYER.**

**FREEZE IT FOR 2-3 HOURS OR UNTIL SOLID.**

**ONCE BERRIES HAVE TURNED HARD, TRANSFER FROZEN BERRIES INTO FREEZER SAFE ZIP LOCK BAGS AND STORE IT IN FREEZER FOR ALMOST A YEAR.**

**(NOW YOU CAN HAVE BERRIES ALL YEAR LONG)**

**FREEZE GREEK YOGURT IN ICE CUBE TRAYS.**

**(USE A BLENDER FOR BEST CONSISTENCY) BLEND:**

**FROZEN BLUEBERRIES, FROZEN GREEK YOGURT, LEMON JUICE WITH ZEST, HONEY (OR MAPLE SYRUP), AND A PINCH OF SALT UNTIL IT SMOOTH.**

**IF YOU WANT SOFT SWIRL CONSISTENCY, SIMPLY SERVE IT UP AS IT IS IN A BOWL OR CUP.**

**POUR INTO FREEZER SAFE CONTAINER AND FREEZE FOR COUPLE OF HOURS.**

**JUST BEFORE SERVING, SCOOP OUT BLUEBERRY FROZEN YOGURT INTO SERVING BOWLS. CAN GARNISH WITH FROZEN BLUEBERRIES AND FRESH MINT LEAVES. SERVE IMMEDIATELY.**

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