

Natrel[®]

Blueberry-Cinnamon Sherbet



SERVES
3 CUPS



PREPARATION TIME
20MIN.



COOLING TIME
60MIN.

Ingredients

2 cups blueberries
2 tbsp. water
¼ cup honey
½ tsp. cinnamon (or 1 stick of cinnamon)
1 tbsp. lemon zest
2 cups Natrel Fine-filtered 2% Milk
½ cup Natrel buttermilk
½ cup Greek yoghurt
Pinch fine sea salt
Juice of 1 lemon

Preparation

1. In a saucepan, bring blueberries, wa



until thick and slightly

reduced, approximately 20 minutes.

2.

Pour into a jar and refrigerate until cooled completely.



3. Whisk the cooled blueberry mixture with the milk, buttermilk and sugar according to the manufacturer's instructions. If you don't have an ice cream maker, whisk the mixture vigorously with a whisk or spatula for 1 minute. Place in the freezer for 1 hour.



which prevents the sherbet from becoming too hard to scoop.