

## All Natural Blueberry Honey Frozen Yogurt

1 pint (2½ cups) blueberries  
⅔ cup honey  
1 small lemon, zested and juiced (if you don't like bits of lemon peel in your yogurt, just juice) or use 2 tbs lemon juice  
2 cups greek yogurt, chilled  
Optional - add a drizzle of vanilla paste or scrape 1 vanilla bean into mix before freezing.

- Pick through the blueberries and discard any bad berries, stems or debris. Wash the blueberries. In a medium saucepan, combine blueberries (reserve a few if you want to add in some whole berries at the end for extra texture), honey, and lemon juice (and zest if you are using it). Bring the mixture to a simmer over medium heat. Mash the blueberries with the back of a large spoon while cooking to extract as much liquid as possible. Cook for about 10 minutes or until a syrup-like consistency, stirring occasionally.
- Strain the mixture through a fine mesh colander into a bowl. This helps remove seeds and any missed blueberry skins for a smoother texture.
- Refrigerate the blueberry mixture until it is completely chilled. You can put it in the freezer, stirring every 10 minutes, for about 30 minutes to expedite.
- Mix together your chilled blueberry mixture and chilled yogurt, (I use a blender). Stir in a few whole blueberries to add some texture once it's all blended.
- Freeze mixture in an ice cream maker. Serve immediately for soft serve, or transfer to a freezer-safe container and freeze for several hours for a harder consistency.

