

# Herbal Blueberry Sorbet

Looking for the perfect way to indulge your taste buds and your senses? Try this herbal blueberry sorbet for a quick yet refreshing treat any time of year. Blueberries and bright citrus add immune supportive antioxidants, while fresh herbs provide minerals and stress-reducing aromatics. This recipe is vegan, paleo, gluten-free, dairy-free, and nut-free. Enjoy!



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**Servings: 6 | Prep Time: 10 minutes | Total Time: 10 minutes**

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## Required cooking tools:

- Measuring spoons
- 1- Paring knife
- 1- Citrus Zester
- 1-Cutting board
- 1- Large spoon or spatula
- 1-Liquid measuring cup
- Blender

## Ingredients:

- 2 cups frozen blueberries
  - ¼ cup honey
  - 1 tbsp lemon zest
  - 1 tbsp lemon juice
  - 1-2 tbsp fresh basil leaves
  - 1 tbsp dried lavender flowers
  - ½ cup club soda
  - A pinch of sea salt
  - Fresh berries (optional)
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## Instructions:

1. Combine all ingredients into a blender and blend until smooth.
  2. Taste and adjust sweetness/zest/ etc. to your preference. Add additional club soda to thin, if desired. Blend again.
  3. Serve immediately in small cups or serving bowls. Top with additional club soda and/or fresh berries. Enjoy!
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## Substitutions & Alternatives:

- For the blueberries, sub with any frozen berry
  - Instead of lemon juice/zest, try lime or orange
  - For the basil, sub lemon balm, thyme, sage, or mint
  - For the dried lavender, sub chamomile or hibiscus flowers
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## Notes:

- Store leftovers in an airtight container for up to 2 weeks in the freezer.