



# Blueberry Ice Cream and Sorbet

NIBBLEDISH CONTRIBUTOR

## Ingredients

### Blueberry Sorbet

1 1/4 cup sugar  
1 cup water  
1 quart blueberries  
4 tbsp fresh lemon juice

### Blueberry Ice Cream

1 pint blueberries  
3 tbsp fresh lemon juice  
1 cup sugar, divided  
1 cup whole milk  
2 cups heavy cream  
1 tsp vanilla extract

## Instructions

Follow manufacturer's instructions on how to prepare your ice cream maker. If making these two desserts one after another, begin with Blueberry Sorbet, to keep the sorbet dairy-free.

### Blueberry Sorbet

1. Boil sugar and water in a medium saucepan. Reduce heat and simmer without stirring until sugar is completely dissolved. Transfer to a bowl and cool

---

completely.

2. Macerate the blueberries with lemon juice. [See this photo of blueberries macerating in lemon juice.](#)
3. Add blueberry mixture to the sugar/water bowl and let it chill for an hour.
4. Churn the mixture in an ice cream maker for at least 30 minutes or until thickened into a soft-serve consistency.
5. Freeze for at least 2 hours if a firmer sorbet is desired.

## **Blueberry Ice Cream**

1. Macerate the blueberries with lemon juice and 1/3 cup sugar. Let it sit for 2 hours.
2. In a medium bowl, whisk together milk and remaining sugar until the sugar is dissolved. Stir in heavy cream and vanilla.
3. Churn the mixture in an ice cream maker for at least 30 minutes or until thickened into a soft serve consistency.
4. Add the blueberry mixture during the last 5 minutes of churning.
5. Freeze for at least 2 hours if a firmer consistency is desired.