



Blueberry Lemon Basil No-Churn Ice Cream

INGREDIENTS

- 2 cups fresh blueberries
- 28 ounces (2 cans) sweetened condensed milk
- 1/2 cup lemon juice
- 1 teaspoon lemon zest
- 2 tablespoons fresh basil, chopped, divided



INSTRUCTIONS

1. In a food processor or blender, combine all ingredients except 1 tablespoon basil. Puree until well combined and very smooth. Pour mixture into a loaf pan.
2. Cover loaf pan with plastic wrap and freeze for 6 to 8 hours, or until solid.
3. Serve ice cream garnished with remaining basil, if desired.

Note: Recipe makes 4 cups of ice cream.

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FUN FACTS

- One serving of blueberries contains nearly 25% of the recommended daily amount of vitamin C and is a good source of manganese. Blueberries also are a good source of dietary fiber.
- Blueberries are one of the few natural foods that are truly blue in color.
- Indiana Farm Bureau hosts an online directory of Indiana blueberry farms and other direct-to-consumer producers. View the directory at infb.org/resources/buy-from-local-farms.