

*Syda's Homemade
Recipes*

HOMEMADE BLUEBERRY LEMON ICE CREAM

Serving sizes: 1

Prep time: 10 min

Total time: Freeze for
2-3 hour



Ingredients

- 50g Frozen Blueberry
- 50g Banana
- 50 g Non- Fat Plain Greek Yogurt
- 1 Lemon
- 1 tbsp honey
- Hempseed

Instructions

1. **First step:** Be ready. Wash, weigh, chop and prepare all ingredients and place them in sight.
 2. **Second step:** In a blender, place 50g frozen blueberry, 50g banana, 50g NF Greek yogurt, squeeze 1/2 lemon, add 1 tbsp honey.
 3. **Third step:** Before sealing blender to blend ingredients. Cut the other 1/2 of lemon in to very, very fine & thin slices and add 1-2 slices into the blender. Then, blend ingredients until you've achieved a creamy consistency.
 4. **Fourth step:** Use medium size glass mason jar to store.
 - When storing, first add some of the thinly chopped lemon slices at the bottom of the jar as the first layer.
 - Then fill jar half way with ice cream mixture and add final pieces of lemon.
 - Seal with the last layer with remainder of ice cream mixture.
 5. **Final step:** Let it freeze for 2-3 hours, once ready to eat sprinkle hempseed.
5. That's all my friends, sip and enjoy! Don't forget to tag us if you love it! If you nay it email us your feedback. We love hearing awesome constructive criticism, too!

Eat well and stay active,
-Scar