



Creamy Cardamom Blueberry Ice

By Erin Fletter

Prep Time / Cook Time / Serves -

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Measuring spoons

Ingredients

Creamy Cardamom Blueberry Ice

- 1/2 C blueberries
- 2 C milk (sub dairy-free milk)
- 2 to 3 T sugar (or 2 stevia packets)
- 1/4 tsp ground cardamom
- 1 C ice

Food Allergen Substitutions

Creamy Cardamom Blueberry Ice

Dairy: Substitute dairy-free milk in the Iced Milk recipe.

Instructions

Creamy Cardamom Blueberry Ice

measure + add + blend

Measure and add **1/2 cup blueberries, 2 cups milk, 2 to 3 tablespoons sugar, 1/4 teaspoon cardamom,** and **1 cup of ice** to your blender or a pitcher (for use with an immersion blender). Blend until creamy and thick. Taste and adjust flavors to your liking!