Blueberry Cream Cheese

Yields 4 servings

Prep Time: 10 minutes

1 cup fresh blueberries
8 oz low-fat cream cheese
   2 tbsp honey
   1 tbsp lemon zest
   1 tbsp lemon juice
   1 tsp vanilla extract

1. In a food processor, add blueberries and cream cheese; blend for 2 to 3 minutes or until smooth.
2. Add honey, lemon zest, lemon juice and vanilla; pulse for 1 to 2 minutes or until blended.
3. Transfer to medium bowl and freeze for 8 to 10 minutes or until cream cheese mixture is stiff.

Recipe adapted from blueberry.org.

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