

Blueberry Brain Freeze

Made in partnership with **Ghoul at Heart**

Servings: **12**

Prep Time: **20 min + 24 hr freezing time**

Cook Time: **5 min**



INGREDIENTS

Blueberry Frozen Yogurt

- 3 cups frozen blueberries
- 1/2 cup sweetened condensed milk
- 1 cup Greek yogurt
- 1/8 teaspoon ground cinnamon
- 12 dark chocolate sugar cones

Blueberry Syrup

- 1/2 cup blueberries
- 2 tablespoons sugar
- 1/4 cup water

INSTRUCTIONS

Blueberry Frozen Yogurt

- 1 Blend all ingredients in a food processor or blender until smooth.
- 2 Pour into brain-shaped silicone molds and freeze overnight. Pop out of molds and place on chocolate cones. Top with blueberry syrup.

Blueberry Syrup

- 1 Place blueberries, sugar, and water in a small saucepan and smash with a potato masher or fork.
- 2 Heat on medium-high heat and stir until sugar is dissolved. Bring to a boil for 2 minutes.
- 3 Turn off heat and allow to cool for about 10 minutes. Strain mixture with a fine mesh strainer and reserve syrup. Discard the skins.



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boost of
blue