

# Blueberry Soup

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-dessert-soup-recipe>

## Ingredients:

- 1 pound blueberries frozen unsweetened
- 1 cup water
- 3 tablespoons sugar
- 2 teaspoons canela
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 lemon cut in wedges

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 29 grams
3. Fiber: 4 grams
4. Protein: 1 grams
5. Sodium: 80 milligrams
6. Sugar: 21 grams

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