

Chilled Blueberry-Rosemary Soup

Servings: 4-6 **Time:** 1 hour **Difficulty:** easy

Ingredients

3 C fresh blueberries
1 can [full-fat coconut milk](#)
1/8 tsp fresh rosemary, minced
1/4 tsp cinnamon
1 Tbsp [apple cider vinegar](#)
1 Tbsp lemon juice
pinch of salt

Method

1. Simmer coconut milk with rosemary, salt, cinnamon, apple cider vinegar, lemon juice, and blueberries for 8-10 minutes.
2. Colors will start to bleed from the blueberries and make a pretty, light purple/pink solution.
3. Allow to cool to room temperature. We placed the mixture in the refrigerator for 30 minutes.
4. Add to your favorite [blender](#) or [food processor](#), and blend on a medium speed until you have a consistent texture.
5. Serve immediately, or chill and then pour with a garnish of blueberry and rosemary sprig.

BONUS, this recipe could also easily be a smoothie where you add in some protein, or frozen into popsicles—if you give it a shot, share with us through [Facebook](#), [twitter](#), or [Instagram](#)!