



## Blueberry-Lavender Sauce and Ginger Snap Ice Cream Cups

READY IN



45 min.

SERVINGS



12

CALORIES



416 kcal

DESSERT

### Ingredients

- 1 pound blueberries fresh blue frozen (could use )
- 1 teaspoon culinary lavender buds dried smashed
- 1 cup sugar
- 1 tablespoon cornstarch
- 2 teaspoons juice of lemon
- 1 pinch salt
- 12 ounces gingersnaps ( 2 cups ground)
- 1 stick butter melted

- 1.5 tablespoons sugar
- 1 pinch salt
- 12 servings whipped cream

## Equipment

- food processor
- sauce pan
- oven
- knife
- rolling pin
- muffin tray

## Directions

- In a small sauce pan, bring the blueberries, lavender, sugar and cornstarch to a boil.
- Lower heat and simmer for 5 minutes.
- Remove from heat the stir in lemon juice and a dash of salt.
- This sauce is also great for pancakes, pound cake or cheesecake!
- Gingersnap Ice Cream Cups: Preheat the oven to 300 degree F. Grind the cookies in a food processor. If you don't have a food processor, place them in a zip bag and roll them with a rolling pin.
- Mix in the butter, sugar and salt. Spray a muffin tin with non-stick spray. Scoop about 2 Tb. of the mixture into each cup. Use a small cup to press each scoop of mixture, shaping it into a tiny cup.
- Bake the cups for 12-15 minutes. Allow them to cool, then lift them out with your fingers or a small knife. Makes 10-1
- Place one scoop of ice cream in each cup and top with blueberry-lavender sauce.
- This recipe is especially good with vanilla bean, lemon curd, or peach ice cream!

## Nutrition Facts



■ PROTEIN 4.02% ■ FAT 37.87% ■ CARBS 58.11%

## Properties

Glycemic Index:24.27, Glycemic Load:23.73, Inflammation Score:-5, Nutrition Score:7.7786956521739%

## Flavonoids

Cyanidin: 3.2mg, Cyanidin: 3.2mg, Cyanidin: 3.2mg, Cyanidin: 3.2mg Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg, Delphinidin: 13.39mg Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg Peonidin: 7.67mg, Peonidin: 7.67mg, Peonidin: 7.67mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 416.49kcal (20.82%), Fat: 17.86g (27.48%), Saturated Fat: 10.03g (62.67%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 59.67g (21.7%), Sugar: 41.56g (46.17%), Cholesterol: 49.29mg (16.43%), Sodium: 277.78mg (12.08%), Protein: 4.27g (8.53%), Manganese: 0.57mg (28.72%), Vitamin B2: 0.26mg (15.51%), Calcium: 112mg (11.2%), Iron: 2mg (11.13%), Vitamin A: 535.46IU (10.71%), Phosphorus: 99.78mg (9.98%), Vitamin K: 8.86µg (8.44%), Fiber: 2g (8.01%), Folate: 30.68µg (7.67%), Potassium: 262.04mg (7.49%), Vitamin B1: 0.1mg (6.56%), Magnesium: 25.66mg (6.41%), Copper: 0.12mg (6.25%), Vitamin E: 0.91mg (6.05%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.55mg (5.5%), Vitamin C: 4.43mg (5.38%), Vitamin B12: 0.27µg (4.56%), Zinc: 0.68mg (4.55%), Selenium: 2.89µg (4.13%), Vitamin B6: 0.08mg (3.99%)