

## Blueberry Salt - A Fruity, Flavorful Twist on Everyday Seasoning

Blueberry Salt - A Bright, Bold Fusion of Sweet and Savory



**TIME**  
**5 min**

**TEMP**  
**170°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

1/2 cup blueberries (fresh or frozen)

1/3 cup water

1/2 cup kosher salt

Notes & Ingredient Tips:

Blueberries: Fresh offer stronger flavor, but frozen works great too-just thaw before using.

Salt: Use kosher or flaky sea salt. Avoid table salt for this recipe as it can become too fine and lose texture.

Optional add-ins: Add a few sprigs of rosemary or a splash of lemon juice for herbal or citrus notes.

How to Make Blueberry Salt:

Step 1: Simmer the Blueberries:

Step 2: Mash and Strain:

Step 3: Reduce to Syrup:

Step 4: Mix with Salt:

Step 5: Dry:

Tips for Success:

Dry completely: If it's still moist after 24 hours, place in a 170°F (75°C) oven for 30 minutes, checking often.

Store properly: Once fully dry, store in an airtight jar to maintain its crisp texture and color.

Use gloves if handling directly-the blueberry color stains!

How to Use Blueberry Salt:

Cocktail rimming: Especially delicious with vodka lemonade or sparkling blueberry lemonade

On roasted vegetables: Adds a complex zing to carrots, beets, and squash

Over avocado toast: A pop of fruit and salt makes it unforgettable

In desserts: Sprinkle over banana pudding or edible cookie dough for contrast

Gift it: Add to a spice jar with a cute label and pair with a treat like cookie dough brownie bombs

Storage & Shelf Life:

Store in an airtight jar at room temperature in a cool, dry place.

Shelf life: Up to 3 months when dried completely.

Avoid moisture: Always use a clean, dry spoon to scoop out your salt.

More Recipes You'll Love:

[Blueberry Lemonade](#)

[Spring Flower Pretzel Bites](#)

[Edible Cookie Dough](#)

[Banana Pudding](#)

[Cookie Dough Brownie Bombs](#)

Final Thoughts:

## DIRECTIONS

- 1.** Step 1: Simmer the Blueberries: Add blueberries and water to a saucepan. Simmer over medium heat for about 5 minutes, or until berries are soft and bursting.
- 2.** Step 2: Mash and Strain: Remove from heat. Mash the softened berries with a fork into a pulp. Strain through a cheesecloth or fine mesh strainer, extracting as much juice as possible. Discard the solids.
- 3.** Step 3: Reduce to Syrup: Return the juice to the saucepan and simmer on low, stirring constantly until it thickens into a syrup-about 8-10 minutes.
- 4.** Step 4: Mix with Salt: In a mixing bowl, combine the syrup with the kosher salt. Use a rubber spatula to stir until the salt is evenly coated in blueberry goodness.
- 5.** Step 5: Dry: Spread the blueberry salt on a parchment-lined baking tray in a thin layer. Let it dry at room temperature for 24 hours, stirring occasionally to prevent clumps.
- 6.** Tips for Success: Dry completely: If it's still moist after 24 hours, place in a 170°F (75°C) oven for 30 minutes, checking often.
- 7.** Store properly: Once fully dry, store in an airtight jar to maintain its crisp texture and color.
- 8.** Use gloves if handling directly-the blueberry color stains!
- 9.** How to Use Blueberry Salt: Here are some of our favorite ways to sprinkle this vibrant salt:
- 10.** Cocktail rimming: Especially delicious with vodka lemonade or sparkling blueberry lemonade

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12. Over avocado toast: A pop of fruit and salt makes it unforgettable
13. In desserts: Sprinkle over banana pudding or edible cookie dough for contrast
14. Gift it: Add to a spice jar with a cute label and pair with a treat like cookie dough brownie bombs
15. Storage & Shelf Life: Store in an airtight jar at room temperature in a cool, dry place.
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17. Avoid moisture: Always use a clean, dry spoon to scoop out your salt.
18. More Recipes You'll Love: If you're into fruity, creative, or giftable recipes, try these next:
19. Blueberry : Lemonade
20. Spring : Flower Pretzel Bites
21. Edible : Cookie Dough
22. Banana : Pudding
23. Cookie : Dough Brownie Bombs
24. Final Thoughts: Blueberry Salt is one of those kitchen experiments that turns into a staple. It's gorgeous, flavorful, and a guaranteed conversation starter. Whether you're gifting it or garnishing like a pro, it's a sweet-savory sprinkle that brings the wowfactor to every bite.
25. Tried it? Tag @ChefManiac with your creations, and head over to ChefManiac.com for more flavorful twists and creative kitchen fun!

## SWAPS & NOTES

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/blueberry-salt-a-fruity-flavorful-twist-on-everyday-seasoning/>