

Mixed Fruit Sorbet

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

We keep our freezer stocked with sorbet for a refreshing ending to any meal. Although you can purchase sorbet at the store, we prefer our version, which is made without any sugar. Start with our master recipe, and then experiment with other fruit combinations – your flavor choices are limited only by your imagination and the fresh fruit available at the market.

Ingredients:

- 1 ripe banana, sliced
- 1½ cups raspberries or sliced strawberries
- 1 cup fresh orange juice or other fruit juice

Directions:

- 1) Place all ingredients in a food processor or blender and process until smooth.
- 2) Transfer the mixture to a freezer container and freeze until firm.
- 3) To serve, let the sorbet rest at room temperature for 10 minutes before scooping into 4 dessert dishes.

Nutritional Analysis: (per serving)

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|---------------------------------------|---------------------|
| ▪ Calories: 90 (0% calories from fat) | ▪ Fiber: 2 g |
| ▪ Fat: 0 g | ▪ Cholesterol: 0 mg |
| ▪ Saturated Fat: 0 g | ▪ Sodium: 0 mg |
| ▪ Protein: 1 g | ▪ Potassium: 310 mg |
| ▪ Carbohydrates: 22 g | |