

Sorbet

Sugarless Apple Sorbet the simple version.

What You'll Need:

- *3 c. unsweetened apple juice
- *One 6-oz. can unsweetened concentrated apple juice
- *3 Tbls. fresh lemon juice
- *ice cream maker

Step by Step:

Mix apple juice, apple juice concentrate, and lemon juice well.

Place into the bowl of the machine and freeze.

Yield: 1 quart

FRESH STRAWBERRY SORBET

- 1 qt. fresh, ripe strawberries .
- .1/2 to 3/4 c. sugar
- 1 1/4 c. fresh orange juice
- 2 tbsp. fresh lemon juice
- 1/8 tsp. cinnamon

Wash, hull and dry strawberries. Place in a bowl, mash, sprinkle with 3 to 4 tablespoons sugar and cinnamon. Toss well and let stand 1 hour, tossing occasionally. In small saucepan heat orange juice, lemon juice and remaining sugar until sugar is dissolved. Remove from heat and cool. Puree strawberries with liquid in blender until smooth. Add orange and lemon juice mixture and freeze according to above freezer tray method for a sorbet.

VERY BERRY SORBET

- 3 c. frozen no-sugar-added blackberries
- 2 tsp. frozen orange juice concentrate
- 4 tsp. water
- 2 tsp. brandy or cognac (optional)
- Garnish - Fresh mint sprigs (optional)

In a blender or work bowl of a food processor filled with a metal blade, process sorbet ingredients until smooth, scraping sides as needed. Garnish with mint, if desired. Serve immediately.

This dish can be frozen. About 15 minutes before serving defrost. Makes 4-67 calorie, 1/2 cup servings. 1 gram protein, 15 g carbohydrates, 0 sodium, cholesterol, fat.

FIG SORBET

2 (17 oz.) cans figs

1/2 c. honey or light com syrup 1/3 c. light rum

Drain figs, reserving syrup. Put figs in blender, 1/2 at a time. Blend to form puree. Combine with 1/4 cup reserved syrup, honey, and rum. Turn into refrigerator ice cube trays; freeze until frozen 1 inch from edge, about 3 hours. Turn into large bowl of electric mixer, beat until mushy, not melted. Turn into serving dishes piling high. Store in freezer until serving. 4 to 6 servings.

FRUIT SORBET

1 orange (if oranges are small use 2) 1 frozen banana

1 c. frozen strawberries

If you own a juicer, juice the orange. Pour the juice in a blender. If you do not have a juicer use seedless oranges, place in blender and puree. Chop the banana in small pieces and add a little at a time. Add strawberries a little at a time. Blend until you have the consistency of thick pudding. Serve immediately. Serves 2.

KIWI SORBET

3 to 4 fresh kiwis, peeled & cut into sm. pieces (approx. 1/3 lb.) 3/4 c. sugar

Juice of 1lg. or 2 med.lemons (I use 4 tbsp.lemonjuice)

1/2 c. melon liqueur

2 tbsp. light com syrup

2 c. cold water

Combine kiwis, sugar, lemon juice and melon liqueur in mixing bowl. Refrigerate, covered at least 1 hour. When ready to freeze, puree the mixture in blender, then add the com syrup and water, mix until blended.

Pour mixture into ice cream maker and freeze, following manufacturer's instructions. Can also be poured into shallow pan and frozen in freezer, stirring at least twice before fully frozen to break up ice crystals. Keep frozen until serving time. Makes 1 quart.