

Simple Berry Sorbet

Prep Time: 5 minutes | Cook Time: 0 minutes

Servings: 6 | Serving Size: ½ cup sorbet



This easy sorbet takes five minutes to make, gives you a huge boost of antioxidants, and is a perfect dessert for those who are on a low sugar diet.

Ingredients:

2 cups frozen strawberries
1 cup frozen blueberries
2-4 tablespoons honey or agave
1 teaspoon lemon juice
Pinch of salt

Directions:

1. Place berries into high powdered blender.
2. Add the honey, lemon juice, ½ cup water, and a pinch of salt
3. Blend until smooth. Add more water 1 tablespoon at a time if needed.
4. Eat immediately for a “soft-serve” sorbet or freeze and eat for up to 1 week from freezer.

Tips and Tricks:

May have to thaw this slightly each time you want some from the freezer. You can also pour this mixture into popsicle mold and freeze for a frozen fruit bar 😊 YUM!!

Nutritional Information Per Serving:

Calculated with 2 tablespoons honey

Calories: 51
Fat: 0.1 g
Cholesterol: 0.0 mg
Sodium: 0.6 mg
Total Carbohydrate: 7 g
Dietary Fiber: 1 g
Sugars: 5.5 g
Protein: 0.1 g