

Watermelon Sorbet

Creamy Watermelon Sorbet

Makes 8 servings, \hat{A} ½ cup each

Inspired by: Eating Well

Ingredients

- * ¼ cup water
- * 4 cups pureed watermelon (about ½ a seedless watermelon)
- * 1 cup 99% fat free vanilla yogurt
- * 2 tablespoons Splenda no calorie sweetener
- * 1 tablespoon lime juice

Recipe No : 126

Card 1

Direction

1. Cut the watermelon in half.
2. Remove the flesh and place in the bowl of a food processor or blender. Process or blend until smooth.
3. Measure 4 cups and set watermelon puree aside.
4. Dissolve Splenda in water.
5. Pour watermelon puree through a fine mesh strainer to remove any pulp or seeds.
6. Add the sweetened water to the strained watermelon puree.
7. Whisk in lime juice and fat free vanilla yogurt until smooth.
8. Pour mixture into a 9-inch metal baking dish and freeze overnight, or until firm.

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Card 2

9. Let the frozen watermelon sorbet soften at room temperature for 5 minutes.
10. Using a butter knife, break the frozen sorbet into 2-inch pieces.
11. Place frozen pieces in a food processor or blender and process until smooth. Store the sorbet for up to 1 week.