

Watermelon Sorbet

Creamy Watermelon Sorbet

Makes 8 servings, 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

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.

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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.
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.

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