

Raspberry Sorbet

Ingredients:

5 cups frozen or fresh raspberries
1/2 - 1 cup water
1/2 cup sugar
1/4 cup stevia sugar replacement
1 teaspoon vanilla extract
1 tablespoon lemon juice

Directions:

1. Combine raspberries, sugar, stevia, vanilla, and lemon juice in a blender or food processor. Add just enough water (up to one cup) to allow blending to a smooth consistency.
2. Serve right away or transfer to a wide and shallow container and freeze 1 - 2 hours for a firmer sorbet. If you choose the shallow container method, the sorbet will need to be thawed for approximately 15 minutes before scooping.

Nutrition Facts	
Serving Size 1 cup (144g)	
Servings Per Container 5	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugars 20g	
Protein 1g	
Vitamin A 0%	Vitamin C 60%
Calcium 4%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: www.lecremedelacrumb.com

