

Strawberry Sorbet • Serves 4

1 cup strawberries
1 cup ice
¼ cup soy milk
½ tsp. honey

Process all ingredients in a blender until the ice becomes slushy. Pour mixture into a container, cover and freeze. Remove mixture from the freezer every 30 minutes, and puree again to create a smooth texture. Let sorbet sit for 15 minutes at room temperature before serving.



NUTRITION PER SERVING:

Calories: 25; Calories from Fat: 5; Total Fat: 0g;
Saturated Fat: 0g; Cholesterol: 0mg; Protein: 1g;
Total Carbs: 5g; Fiber: 1g; Sugar: 3g; Sodium: 10mg