

Strawberry Sorbet

INGREDIENTS:

- 2 cups water
- 2 1/4 cups sugar
- 2 pints fresh strawberries, rinsed, drained well on paper toweling, and hulled
- 1 tablespoon strained fresh lemon juice, optional

INSTRUCTIONS: In a 1 1/2 quart saucepan, blend the water and sugar. Bring to a boil, and simmer for 5 minutes only. Set aside to cool, then refrigerate to chill.

Puree strawberries in food processor or blender. Refrigerate to chill.

Mix the cold sugar syrup with 3 cups of cold puree and

the lemon juice. Pour the mixture into an ice cream machine and prepare it according to the manufacturer's instructions. For a firmer texture, place the sorbet in the freezer for several hours or overnight.

Yield 1 1/2 quarts

Note: You can substitute raspberries or blackberries for the strawberries. Strain the raspberry and blackberry purées through a mesh sieve to remove the seeds. (I don't sieve the strawberry puree because the seeds are so small, but you may, if you wish.)

PER 1/2 CUP: 190 calories, 0 protein, 49 g carbohydrate, 0 fat, 0 cholesterol, 2 mg sodium, 1 fiber.