

# Strawberry Sorbet

---

## INGREDIENTS:

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

**INSTRUCTIONS:** In a 1½ 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 1½ quarts

**Note:** You can substitute raspberries or blackberries for the strawberries. Strain the raspberry and blackberry purees 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 ½ CUP:** 190 calories, 0 protein, 49 g carbohydrate, 0 fat, 0 cholesterol, 2 mg sodium, 1 fiber.