

Berry Sorbet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 ½ cups

Ingredients	Quantity	Measure
Blueberries, frozen	2	cup
Raspberries, frozen	2	cup
Strawberries, frozen	2	cup
Agave, or maple syrup	1/4	cup
Lemon juice	1/4	cup
Water	1	cup

Preparation

Place all ingredients in a blender or food processor. Process until smooth and blended. Pour into freezer-safe container. Freeze for at least 2 hours. Serve frozen.

Nutrition Information

*From USDA Nutrient Database

Calories: 65 Total Fat: 0.3g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15.1g Fiber: 3.3g Total Sugar: 7.6g Protein: 0.5g Sodium: 2mg Vitamin A: 2µg Vitamin C: 24.8mg Calcium: 16mg Iron: 0.6mg Folate: 14µg

