

Berry Sorbet - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 ½ cups

Ingredients	Quantity	Measure
Dates, Medjool, pitted		½ pound (1 cup)
Water	2	Tablespoons
Blueberries, frozen	2	cup
Raspberries, frozen	2	cup
Strawberries, frozen	2	cup
Lemon juice	1/4	cup
Water	1	cup

Preparation

1. Place the dates and water in a food processor. Process until smooth and blended. Add the remaining ingredients and process again until smooth. Pour into freezer-safe container. Freeze for at least 2 hours. Serve frozen.

Notes

Due to the lack of refined sugar, the sorbet does freeze hard. Please temper as needed to remove from the container.

Nutrition Information

 *From USDA Nutrient Database

Calories: 90 Total Fat: 0.3g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 24g Fiber: 4.6g Total Sugar: 15.4g Protein: 0.8g Sodium: 2mg Vitamin A: 3µg Vitamin C: 23.6mg Calcium: 28mg Iron: 0.8mg Folate: 15µg

