

Berry Sorbet



Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 1 cup blackberries, unsweetened, frozen, slightly thawed (6-8 ounces)
- 2 tsp. cold water
- 1 tsp. sweetener
- 1 tsp. brandy (optional)
- 1 peppermint, fresh, leaves (optional)

Directions:

1. Process all ingredients, except the mint, in a food processor or blender, scraping sides as needed and processing until smooth.
2. Sorbet can be served immediately or frozen. If frozen, remove from freezer about 15 minutes before serving to defrost enough to serve.
3. If desired, garnish with mint sprigs.

Nutrition Facts

Makes 2 servings

Amount per serving:

Calories	48.3
Total Carbs	13.8 g
Dietary Fiber	3.8 g
Sugars	10.1 g
Total Fat	0.3 g
Saturated Fat	0 g
Unsaturated Fat	0.3 g
Potassium	105.7 mg
Protein	0.9 g
Sodium	1 mg