Vanilla Berry Sorbet

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermyer

This refreshing sorbet makes for a great snack or dessert!

About the Recipe

88 Calories · 0.7 g Protein · 4 g Fiber
Dessert

Berries are rich in cancer-fighting antioxidants!

Ingredients

Makes 4 Servings

- 2 c (300 g) raspberries or strawberries, frozen or fresh
- 4 tbsp (60 mL) maple syrup or agave
- 1 tsp (5 mL) pure vanilla extract
- 1/8 tsp (0.6 mL) almond extract (optional) **optional*

Directions

1. In a blender, combine all the ingredients and blend until smooth.
2. Adjust the sweetness to taste, if needed. Pour into a freezer-safe container, cover, and freeze for at least 3 hours, until firm.
3. To serve, let thaw. Note: You can use fresh or frozen berries. Strawberries are also a good swap!

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 124 kcal
Fat: 1 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 7%

Cholesterol: 0 mg
Protein: 1.5 g
Carbohydrates: 29 g
Sugar: 20 g
Fiber: 5 g
Sodium: 7 mg
Calcium: 50 mg
Iron: 1 mg
Vitamin C: 22 mg
Beta-Carotene: 13 mcg
Vitamin E: 0.9 mg