Triple Berry No-Churn Sorbet

About the Recipe

80 Calories · 1 g Protein · 4 g Fiber
Dessert

Ingredients

Makes 6 Servings

- 3 cups (435 g) frozen triple berry blend, set at room temperature for 5 minutes
2 bananas
- 1/2 cup (120 mL) no-sugar-added cherry juice, pomegranate juice, blueberry juice, or cranberry juice, not from concentrate

Directions

1. Let the berries sit out at room temperature for 5 minutes. Add the berries, bananas, and juice to a high-speed blender or food processor. If using a blender, start blending on low. Slowly increase the speed until all the fruit is pureed. Continue to blend 1-2 minutes until smooth and creamy, stopping to scrape down the edge of the container as needed.
2. Transfer to a container and press plastic wrap over the top of the sorbet; it should touch the sorbet directly to omit air. Place a lid on the container and freeze overnight. Let sit out at room temperature before scooping.

Nutrition Facts

Per serving:
Calories: 80
Fat: 0 g
Saturated Fat: 0 g
% Calories From Fat: 0%

Cholesterol: 0 mg
Protein: 1 g
Carbohydrate: 21 g
Sugar: 10 g
Fiber: 4 g
Sodium: 2 mg