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

- raspberries or strawberries, frozen or fresh (2 cups)
- maple syrup or agave (1/4 cup)
- pure vanilla extract (1 tsp.)
- almond extract (1/8 tsp.)

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.

Nutrition Facts

Per serving (1/4 of recipe)
Calories: 88
Protein: 0.7 g
Carbohydrate: 21 g
Sugar: 15 g
Total Fat: 0.4 g
   Calories from Fat: 4%
Fiber: 4 g
Sodium: 3 mg