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)

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