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