



## MELON SORBET

**SERVES: 5** (1 cup each) **Prep Time:** 20 min. + 4 hours to freeze **Cooking Time:** None

**CONTAINER EQUIVALENTS** (per serving): 1

*Here's a fun and simple way to whip up a quick sorbet. We used cantaloupe for this recipe, but it works just as well with other melons like honeydew and watermelon. You can also switch between lemon and lime as your acid, and try herb additions, like mint, tarragon, or basil. This is so easy to make, it's worth experimenting!*

- 1** medium cantaloupe, cut into 1-inch cubes
- 2 Tbsp.** fresh lemon juice
- 3 Tbsp.** raw honey
- 3 Tbsp.** water
- 1 pinch** sea salt (or Himalayan salt)

### SPECIAL EQUIPMENT:

Parchment paper

- 1.** Line baking sheet with parchment paper. Place cantaloupe on baking sheet; spread out so that there is a little space between each piece.
- 2.** Place baking sheet in freezer overnight or until cantaloupe is frozen solid (minimum 4 hours).
- 3.** Place frozen cantaloupe in food processor; pulse until crumbly.
- 4.** Add lemon juice, honey, water, and salt; pulse until mixture forms texture of soft sorbet. (If sorbet is too thick, add 1 tsp. of water at a time. Make sure it does not become a slushy.)
- 5.** Serve immediately, or store in an airtight container, in the freezer, for up to 3 months.

### RECIPE NOTE:

For a vegan version, omit honey. Heat 3 Tbsp. water and 3 Tbsp. coconut sugar until sugar is dissolved. Chill before adding to the sorbet.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 75 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 46 mg **Carbohydrates:** 20 g **Fiber:** 1 g **Sugars:** 18 g **Protein:** 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.