

Sherbet

Yield: 36 servings (1/2 cup each)

Ingredients:

juice of 4 large lemons
juice of 4 oranges
1 cup unsweetened pineapple juice
4 cups sugar
1 quart whipping cream
1 quart 1-percent milk
yellow food coloring
fresh mint leaves (optional)

Procedure:

In a large bowl, mix together everything except food coloring and mint leaves. Add food coloring one drop at a time to achieve desired color. Pour mixture into the container of an ice cream freezer. Freeze according to manufacturer's instructions. If desired, garnish each serving with a mint leaf.

200 calories
and
10 grams of fat
per half-cup
serving

This sherbet recipe is lower in calories and fat than premium ice cream, plus it provides about 10 percent of the daily recommendation for vitamin C.



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