

Easy Freezer Strawberry Sorbet

From SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>)

Yield: 6 servings

Ingredients:

2¼-ounce packages unflavored gelatin
1 cup granulated white sugar
3 cups water
1 quart pureed strawberries (about 3 pints fresh)
1 cup cranberry juice
¼ cup freshly squeezed lemon juice
6 large fresh strawberries, green stems intact (optional)

Procedure:

Combine gelatin and sugar in a medium saucepan and stir in water. Let stand for 2 minutes. Cook mixture over low heat, stirring constantly until gelatin dissolves. Remove from heat and cool. Stir in strawberry puree, cranberry and lemon juices and pour mixture into 13 x 9-inch pan. Cover and freeze 8 hours or overnight. Divide frozen mixture into quarters and whirl each batch in a blender or food processor until smooth. Return all the mixture to same 13 x 9-inch pan and freeze for 4 hours or until firm. Let mixture stand at room temperature for 15 to 20 minutes before serving. If desired, garnish with fresh strawberries.

about
195 calories
per serving
and only
a trace of fat

A serving of Easy Freezer Strawberry Sorbet contains a full day's supply of vitamin C.



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